

Coping with stress by prayer in Canada, 2002:

Profiles and preliminary analyses

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This study provides basic data (numbers, rates, and percentage distributions) for all Canadians aged 15 and over, women and men who cope with stress by prayer or by seeking spiritual help. Results of regression analyses estimating prayer intensity for 43 subpopulations are also provided.

*Thanks for editorial assistance and reviews are due to
Gord Walford of Ottawa and
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Remaining errors and omissions are my own.

Abstract

“People have different ways of dealing with stress. Thinking about the ways you deal with stress, please tell me how often you do each of the following ... How often do you pray or seek spiritual help to deal with stress?” The answers to this question and many others by 37,000 in 2002 provide the data for detailed studies on the extent and impact of prayer in the lives of Canadians.

In 2002, 40% of Canada’s 24.9 million adults aged 15 and over claim to never pray in order to deal with stress, 16% rarely pray, 20% sometimes pray, and the remaining 24% often pray – called *the frequent prayer rate*.

Regionally, the frequent prayer rate varies little, from 22% in Quebec to 27% in Manitoba and New Brunswick, and, among metro areas for which we have estimates, from 21% in Vancouver, Calgary, and Ottawa-Hull, to 32% in St Catherines.

The frequent prayer rate increases strongly and consistently with age – it is 12% for the teens aged 15 to 19, 28% for the 50 to 54 year olds, and 43% for those 80 plus. This rate is twice as high for women than men, 32% versus 16%.

It also varies considerably by marital status: 12% for those living common-law, 16% for the single, never married population, 27% for those married, 32% for the divorced, and 46% for the widowed population.

Among faith communities, the lowest frequent prayer rates are for United Church affiliates, Anglicans, and those not stating their affiliation, 18% to 19%, while the highest rates are for Jehovah’s Witnesses, 69%, Pentecostals, 62%, and Muslims, 50%.

Of those with chronic health problems the frequent prayer rate is higher than average, and of the health problems for which we have data, the rate ranges from 24% of those with asthma to 41% of those with cancer.

Those who have had high health risk behaviours tend to have higher frequent prayer rates – 15% for those who have smoked marijuana more than once, compared with 30% of those who have never smoked marijuana, for example, and similar results hold for drinkers, smokers and gamblers. Those who have attempted suicide, however, have a higher frequent prayer rate than those who have not, 32% versus 24%.

The frequent prayer rate tends to fall with income, and hours worked per week.

The female-to-male ratio of the frequent prayer rates is lowest in Ontario and highest in Nova Scotia, 274%. It is relatively low among Jehovah’s Witnesses and Pentecostals, and high among United Church affiliates, Presbyterians and French Catholics.

Holding constant the effect of other variables by means of regression analysis, being female, age, and education are factors found to be associated with the intensity of prayer to deal with stress in several subpopulations of 43 subgroups examined.

A history of marijuana smoking is found to be associated with lower commitment to prayer in several groups examined. Hours of sleep is unassociated with prayer.

When compared with liberal Protestants, most subgroups of non-French Roman Catholics, and non-Christians are more committed to prayer, along with some subgroups of French Roman Catholics and all subgroups of conservative Christians. Liberal Protestants are more committed to prayer than most subgroups of the unaffiliated.

There is a tendency for the commitment to prayer to be stronger in Ontario than in Quebec and British Columbia, weaker in Manitoba/Saskatchewan, and about the same in Alberta, after correcting for the variation in the other factors.

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List of charts for all Canadians, women, and men, 2002

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- *Chapter 3: Men; Chapter 4: Sex ratio.*

In all cases the frequency of prayer or spiritual help to deal with stress is portrayed.

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Introduction

In this study the prayer rates, by intensity of prayer, are charted for a wide range of subgroups of the total, women, men and the ratio female to male rates in Chapters 1 to 4. The tables in Appendix 2 provide considerably more detail. Appendix 1 gives details about the survey of Statistics Canada: questions, and sample, together with definitions of variables. The remainder of this introduction comments on the survey question on prayer, and then draws attention to some of the patterns revealed in the charts and tables.

A comment on the survey question on prayer

The question noted in the abstract is a good one in the sense that it includes with prayer any perceived form of spiritual help, so that those who prefer not to call their pleadings to a higher power prayer are included. Therefore some of those who say they have no religious affiliation, or who refuse to answer the question on religious affiliation, are willing to say they do pray or seek spiritual help to relieve stress – the numbers for these two groups appear in the tables. Moreover, the members of the religiously unaffiliated have some very different characteristics from those who do not pray or seek spiritual help – they are much more likely to be women than men for example. Those who would prefer a question relating only to prayer may be disappointed, though they can take solace in the fact that those who would not call their pleadings prayer would appear to be a small minority, who would not affect much the overall picture.

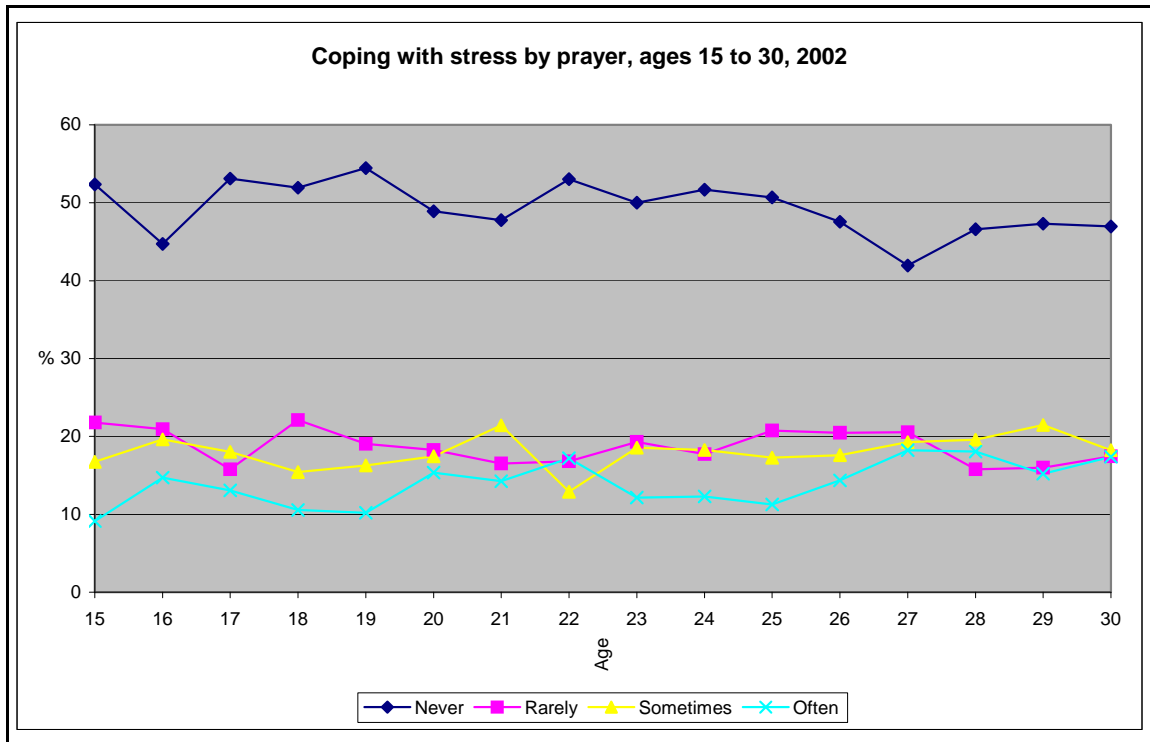
Another possible problem with the question is that prayer in most religious traditions encompasses much more than just the relief of stress. Even the most spiritual, David of the Psalms for example, include pleadings for help in times of affliction in their prayers. The less spiritual perhaps rarely pray unless under stress, so they would be missed only if they experience no stress. Our tables and charts show that even those who say they experience no day-to-day stress still report that they pray or seek spiritual help to relieve stress – perhaps for some stress is nipped in the bud by prayer.

Our conclusion is that the question is a good one and very important in the sense that it captures a dimension of spirituality that is missed by the traditional questions on religious affiliation and worship frequency. This report contains preliminary evidence that prayer has an important and positive impact on behaviour relating to personal decisions, relationships, family, work and the wider community. Statistics Canada's *Canadian Community Health Survey* on mental health, 2002, is the first survey with a large sample that has ever surveyed the important phenomenon of prayer. The large sample allows the exploration of prayer's relationships in small areas and subgroups.

Some basic facts on prayer in Canada

The majority of Canadians pray at least occasionally to relieve stress. In 2002, 40% of Canada's 24.9 million adults aged 15 and over claim to never pray in order to deal with stress, while 16% rarely pray, 20% sometimes pray, and the remaining 24%

often pray – called *the frequent prayer rate*. Regionally, those praying frequently varies little, from 22% in Quebec to 27% in Manitoba and New Brunswick, and, among metro areas for which we have estimates, from 21% in Vancouver, Calgary, and Ottawa-Hull, to 32% in St Catherines. In non-metro Canada 24% pray often. The frequent prayer rate increases strongly and consistently with age – it is 12% for the teens aged 15 to 19, 28% for the 50 to 54 year olds, and 43% for those 80 plus. Our tables do not show the prayer rates for single years of age, though the chart below does show all prayer rates for the younger ages 15 to 30 – no marked trends are apparent, only a slight tendency for frequent prayer to increase, and of the absence of prayer to decrease.



The frequent prayer rate is twice as high for women than men, 32% versus 16%. It also varies considerably by marital status: 12% for those living common-law, 16% for the single, never married population, 27% for those married, 32% for the divorced, and 46% for the widowed population. Those claiming Chinese or Norwegian origins have the lowest frequent prayer rates among the ethnicities for which we have data, 16% and 17%, respectively – the rate for Canadians is 20% and Aboriginals, 22%, while at the high end the rate for South Asian ethnicities is, 48%, followed by the Dutch, 31%.

Among faith communities, the lowest frequent prayer rates are for United Church affiliates, Anglicans, and those not stating their affiliation, 18% to 19%, while the highest rates are for Jehovah’s Witnesses, 69%, Pentecostals, 62%, and Muslims, 50%. The frequent prayer rate of weekly worshippers is 61%, monthly worshippers, 32%, worship three to four times a year, 18%, and once a year or no worship, 12% each group.

Those reporting excellent physical health have a lower frequent prayer rate than those who report fair or poor health, 22% versus 32%. Of those with chronic health

problems the frequent prayer rate is higher than average, and of the health problems for which we have data, the rate ranges from 24% of those with asthma to 41% of those with cancer. Those who have had high health risk behaviours tend to have higher frequent prayer rates – 15% for those who have smoked marijuana more than once, compared with 30% of those who have never smoked marijuana, for example, and similar results hold for drinkers, smokers and gamblers. Those who have attempted suicide, however, have a higher frequent prayer rate than those who have not, 32% versus 24%.

The frequent prayer rate tends to fall with income, and hours worked per week. Among the employed the technologists/technicians, and trades/transport/equipment operator occupation groups have the lowest frequent prayer rates, 15% each, while those in the administration/financial/clerical group have the highest, 26%.

As noted, women are about twice as likely as men to turn frequently to prayer in order to relieve stress – the ratio of the rates is almost 200%. These are charted in Chapter 4, and reveal some interesting patterns. One general pattern to note is that the ratio of the frequent prayer rates varies much more than that of the never-pray rates. The female-male ratio of the frequent prayer rates are the focus of the remaining comments: they are most equal in Ontario and British Columbia, 180% and 183% respectively, and most unequal in Nova Scotia and Newfoundland, 274% and 250%, respectively. The variation by metro area is even wider – the ratio is most equal in Edmonton and Toronto, 164% to 165%, and most unequal in Oshawa, 269%, and Kitchener, 281%.

Looking at marital status, the female-male difference in frequent prayer rates is much wider for those living common-law, 246%, and the divorced, 236%, than the other marital statuses, those married, 182%, and widowed, 173%, for example.

Of the faith communities gender equality in terms of frequent prayer is greatest among Jehovah's Witnesses, 105%, those of no religion who pray, 124%, the group of smaller Christian faiths 133%, and Pentecostals, 139%, and widest among Presbyterians, 290%, United Church, 249%, and French Catholics, 242%. Gender equality in the frequent prayer rate increases with the frequency of worship and religiosity. It is lowest among those whose main source of stress is school, the care of others, and one's physical health, and highest among those whose main source of stress is relationships and time pressure.

Regression analyses

The results of regression analyses for 43 subpopulations appear in the 11 tables comprising Chapter 5. In these regressions the dependent variable is frequency of prayer to deal with stress (ten plus the natural log of 1= never, to 4=often), and the independent variables are age, gender (whenever the two sexes are analysed), education, history of marijuana smoking, hours of sleep, faith community (liberal Protestant is the reference group), and region of residence (whenever more than one region is analysed; Ontario is the reference). Sample sizes ranged from a low of 674 for St Catherines, and 682 for

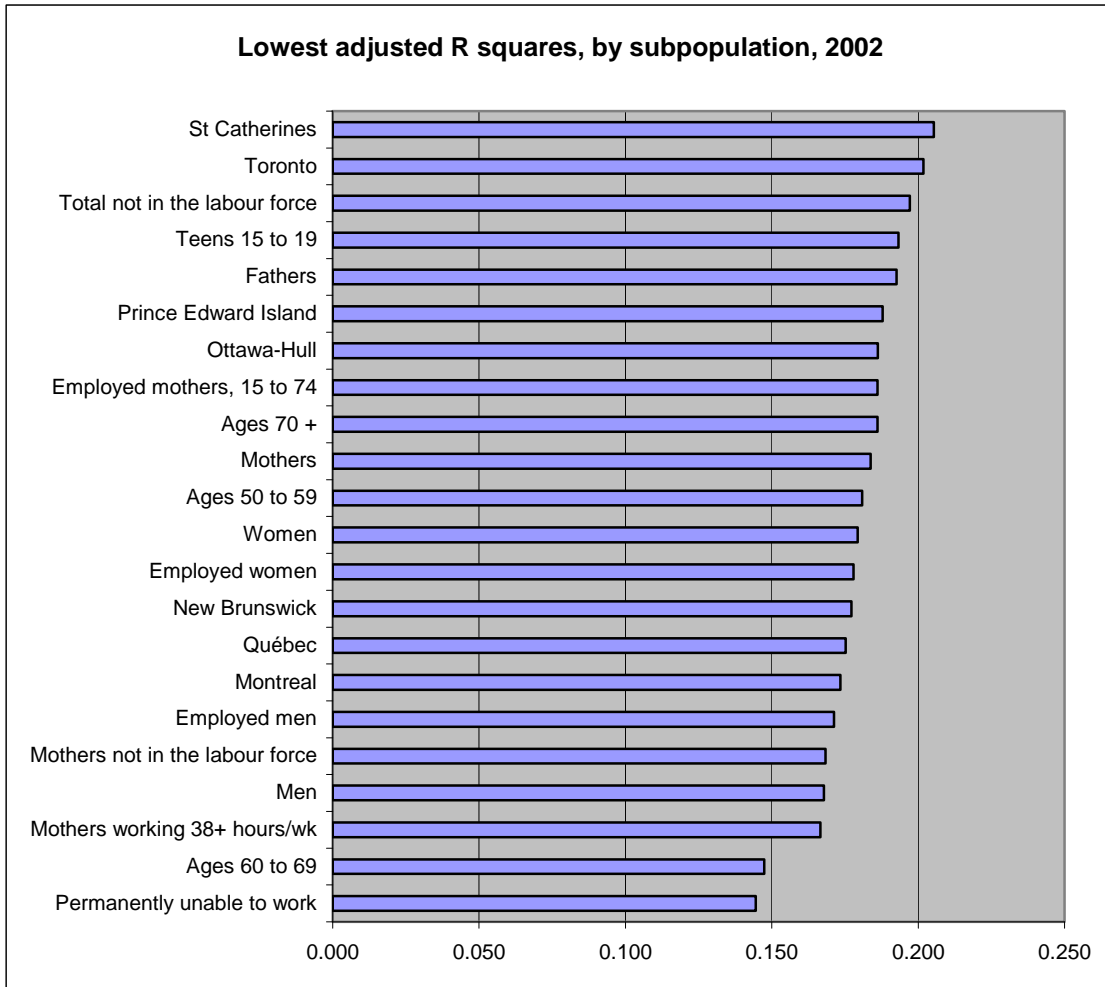
Oshawa, to 33,689 for Canada. The degree of individual-to-individual variation measured by the adjusted R squares are all statistically significant at the 0.01 level of significance – the lowest and highest are ordered in the two charts below. No obvious pattern is evident in these orderings. The lowest, 0.14, applies to those permanently unable to work, while the highest, 0.32 applies to the Kitchener metro area sample. The adjusted R squared value for Canada is 0.22, and for women, 0.18, for men, 0.16, for parents, 0.23, for mothers, 0.18, and for fathers, 0.19.

A summary of the results appears in the table below, which lists results for all of the subgroups examined. It contains only the estimates of the “t” values of all the independent variables, excluding the regional variables. From this table it is evident that, holding the effect of the other variables constant, women have a (statistically significant) greater commitment to prayer to relieve stress than men, in all subpopulations. Age is positively associated with prayer intensity in all the subpopulations except the age groups 15 to 19, 20 to 29, and 50 to 59. Education is positively associated with prayer intensity among all Canadians, and in a few subgroups: men, parents, fathers, non-labour force, works 48 hours per week or more, permanently unable to work, employed men, Ontario, Toronto, ages in the 40s, ages 70 plus; it is negatively associated with prayer only in the Quebec sample. A history of marijuana smoking is negatively associated with prayer in most subpopulations, and positively in none. Hours of sleep is negatively associated with prayer in few of the subpopulations: unemployed, not in the labour force, Toronto, teens aged 15 to 19, persons in their 40s, 50s and aged 70 plus; sleep is positively associated with prayer only among those in their 30s.

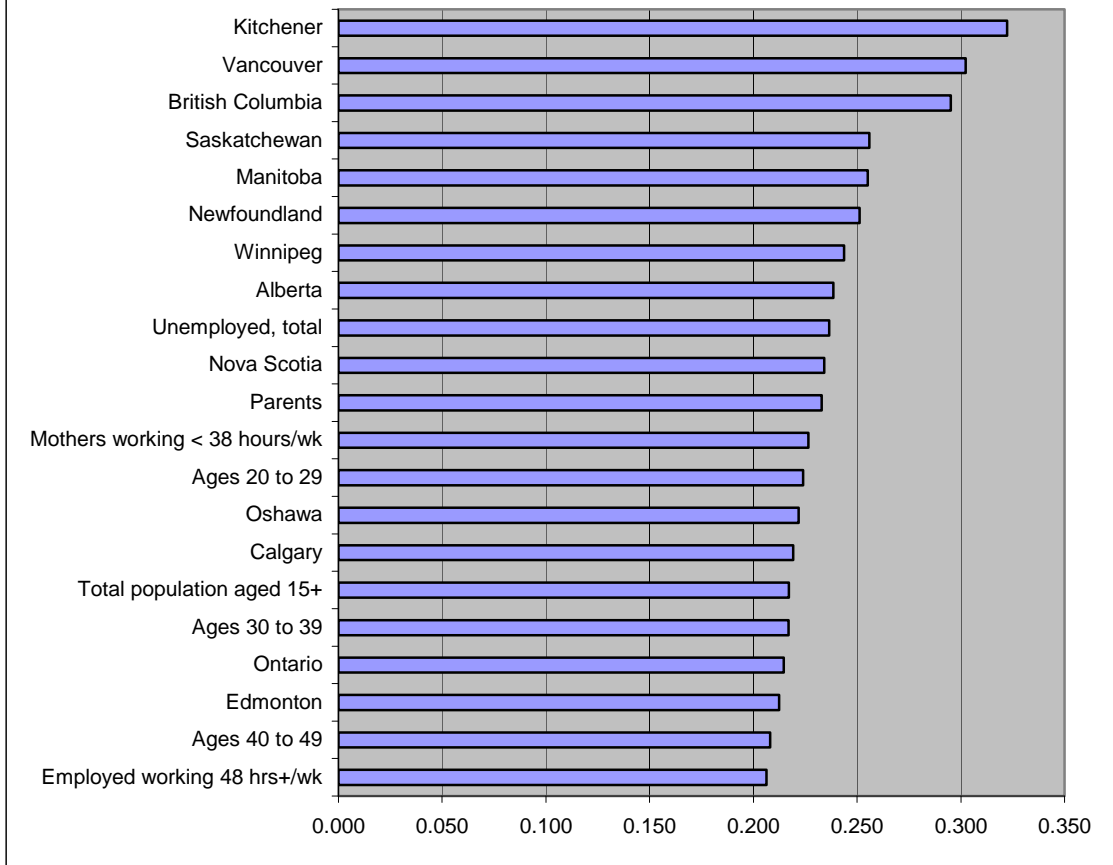
When compared with the reference faith community, liberal Protestants (United Church affiliates, Anglicans, Presbyterians and Lutherans), several subgroups of French Roman Catholics are more committed to prayer: women, men, parents, fathers, not in the labour force, employed men, Prince Edward Island, Nova Scotia, Ontario, Manitoba, Saskatchewan, Winnipeg, and the higher age groups. Most of the 43 subgroups of non-French Roman Catholics, conservative Christians and non-Christians are more committed to prayer than liberal Christians. Most of the subgroups with no religious affiliation are less committed to prayer than liberal Christians, except those in Newfoundland, New Brunswick, Quebec, and Montreal.

Concerning the regional variations compared, some of the statistically significant results are as follows. Few of the Atlantic Canada associations are significant except for men, employed men, teens, ages 40 to 49, 50 to 59, and 70 and over – these groups are less committed to prayer than their Ontario counterparts. The age group 30 to 39 is more committed. The total population of Quebec is less committed to prayer than that of Ontario, along with the following subpopulations: men, parents, fathers, those not in the labour force, employed men, ages 20 to 29, and 60 to 69. The total population of Manitoba plus Saskatchewan is more committed to prayer than that of Ontario, along with the following subpopulations in these provinces: men, parents, and those permanently unable to work. No differences are detected in the commitment to prayer between Alberta and Ontario. And finally, the population of British Columbia is less committed to prayer than that of Ontario, along with the following subgroups in British

Columbia: women, and employed women. In summary, there is a tendency for the commitment to prayer to be stronger in Ontario than in Quebec and British Columbia, weaker than in Manitoba/Saskatchewan, and about the same in Alberta, after correcting for the variation in the other factors.



Highest adjusted R squares, by subpopulation, 2002

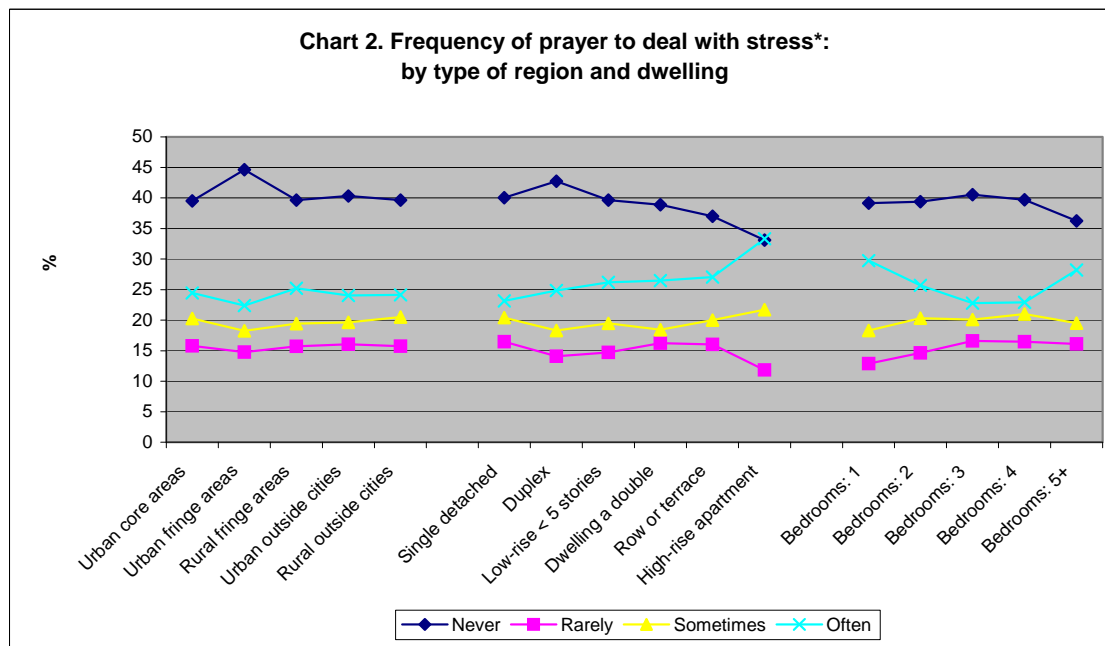
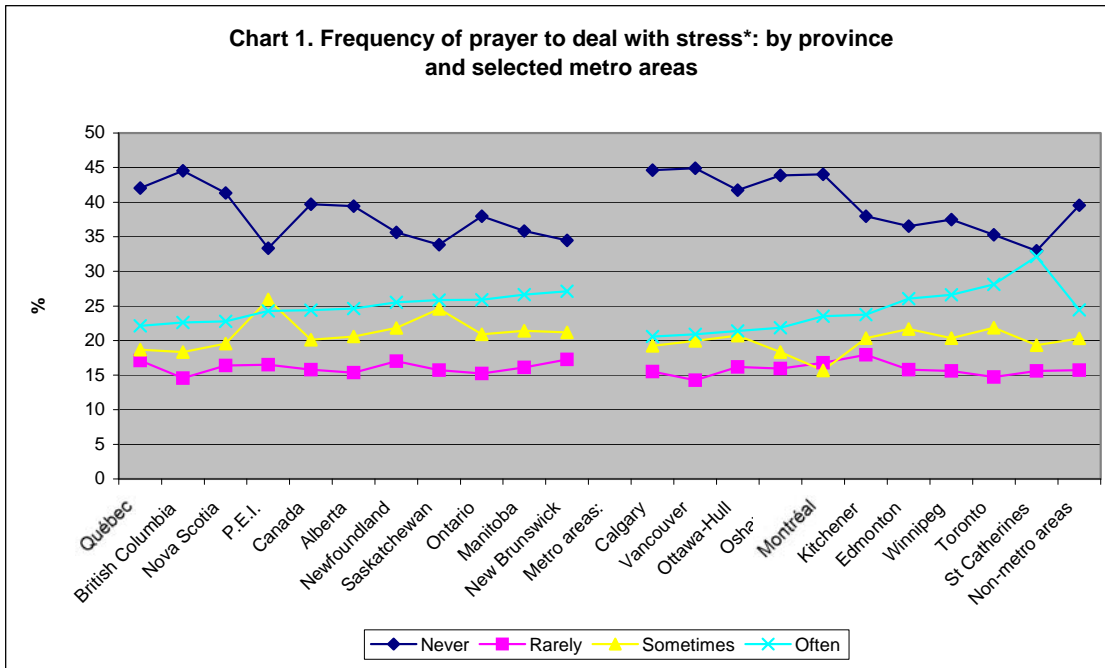


Regression results summary. Associations with prayer intensity*: "t" values, from Tables 1 to 11, Chapter 5

Subpopulation:	Male (=1, female=0)		Smoked marijuana			Other RC		No religion		
	Age	Education (log)	Sleep	French RC	Conservative Christian	Non-Christian				
Total population aged 15+	-42.8	30.5	2.9	-15.9	-1.8	7.2	19.9	41.8	22.6	-26.2
Women		27.8	1.0	-10.1	-1.3	4.2	14.7	28.9	15.9	-22.5
Men		15.0	3.9	-11.9	-0.9	6.2	13.7	30.5	16.1	-15.1
Parents	-24.8	12.7	3.7	-8.2	-0.6	3.6	12.4	24.9	13.8	-15.2
Mothers		11.8	2.3	-6.1	-0.9	1.1	9.5	16.9	11.1	-13.6
Fathers		5.8	3.2	-5.4	0.3	4.2	7.9	18.5	8.6	-8.0
Employed mothers, aged 15 to 74		7.9	1.6	-6.0	0.7	1.4	9.2	14.9	7.9	-9.9
Mothers not in the labour force		7.1	1.8	0.7	-1.6	0.0	1.9	5.0	6.4	-7.5
Mothers working < 38 hours per week		6.6	2.5	-5.6	-1.4	2.1	8.4	11.8	6.6	-9.0
Mothers working 38+ hours per week		6.8	2.2	-4.1	0.0	-0.4	6.1	11.1	6.0	-7.6
Unemployed, total	-5.7	6.8	1.4	-4.5	-3.3	1.3	4.8	7.6	7.0	-4.1
Total not in the labour force	-22.7	15.7	2.7	-4.5	-2.9	6.1	9.1	17.4	8.9	-16.4
Employed working 48 hours+ per week	-14.4	9.9	4.7	-6.4	0.7	1.6	6.5	19.1	7.0	-12.3
Permanently unable to work	-8.6	3.1	3.0	-0.6	-0.9	1.5	1.7	3.3	0.4	-4.3
Employed women		17.1	1.2	-8.3	1.4	1.2	11.8	23.5	12.3	-15.9
Employed men		9.8	4.5	-10.1	0.9	3.9	10.7	26.2	14.3	-12.1
Newfoundland	-13.4	13.2	-0.1	-3.0	-1.0	0.5	4.6	5.4	-1.4	-1.7
Prince Edward Island	-6.4	7.6	2.5	-3.1	1.3	2.7	2.8	4.5	-1.9	-3.8
Nova Scotia	-15.4	11.7	2.0	-6.4	-0.8	5.7	6.0	8.0	3.9	-5.1
New Brunswick	-10.2	9.3	1.3	-1.4	-0.8	1.9	2.1	6.7	2.7	-2.4
Québec	-18.7	14.5	-3.7	-3.5	-0.3	2.4	3.1	10.1	7.2	-1.7
Ontario	-24.4	15.3	5.2	-11.2	-2.2	5.8	13.8	26.9	15.7	-17.7
Manitoba	-9.7	6.8	1.9	-3.6	0.5	4.0	6.1	12.7	3.5	-9.6
Saskatchewan	-9.3	7.6	2.2	-1.2	0.6	2.6	5.3	11.6	3.3	-9.6
Alberta	-12.3	6.3	2.3	-4.7	0.8	1.7	5.3	13.9	2.8	-10.2
British Columbia	-11.9	7.7	1.7	-6.8	-0.6	1.2	8.5	16.6	8.6	-11.5
Montreal	-8.4	5.7	-0.8	-1.2	-0.6	1.6	2.4	5.5	5.0	-0.4
Ottawa-Hull	-7.6	4.5	0.6	-3.6	-0.1	1.7	2.1	7.4	4.2	-2.8
Toronto	-10.5	4.5	2.9	-6.3	-2.7	1.5	7.6	12.4	9.0	-7.9
Kitchener	-8.2	5.4	1.5	-1.9	0.1	-1.8	2.0	8.3	3.5	-6.7
St Catherines	-6.5	5.6	1.3	-1.3	-1.2	0.7	0.6	4.6	0.3	-4.7
Oshawa	-6.1	4.0	0.9	-1.7	-1.5	-0.6	3.1	5.5	-0.6	-5.1
Winnipeg	-5.9	5.0	1.8	-2.7	0.5	3.0	4.3	7.0	2.7	-7.4
Calgary	-7.7	1.9	0.9	-2.3	0.9	0.3	3.0	5.2	1.7	-5.4
Edmonton	-5.2	4.9	1.5	-0.9	0.5	1.9	2.5	7.5	2.4	-4.8
Vancouver	-6.2	4.7	0.3	-4.7	-0.5	-0.7	5.4	9.4	5.9	-7.2
Teens 15 to 19	-6.9	-2.0	2.1	-3.4	-2.7	-0.4	5.0	11.3	2.8	-7.7
Ages 20 to 29	-13.2	1.7	2.2	-6.1	0.9	0.3	3.4	15.3	11.8	-11.1
Ages 30 to 39	-18.5	4.2	1.7	-7.2	3.7	2.0	10.1	20.0	13.1	-10.6
Ages 40 to 49	-18.2	3.8	4.2	-6.6	-2.8	3.5	8.2	19.7	10.6	-11.8
Ages 50 to 59	-19.4	1.9	0.0	-5.1	-2.8	3.9	11.9	16.2	10.3	-6.7
Ages 60 to 69	-16.6	2.7	0.8	-3.3	0.7	4.6	5.9	10.1	1.3	-10.1
Ages 70 +	-17.8	3.6	4.2	-2.1	-3.0	5.4	8.3	13.5	0.1	-15.8

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress?
 "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample =
 the natural log of ten plus these values.
 "t" values > the absolute value of 2.6 are statistically significant at the 0.01 level, indicating a statistically significant association with prayer.
 Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.
 Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran);
 and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.
 Details on variable definitions are given in Appendix 1. Source: **Statistics Canada's Canadian Community Health Survey 1.2.**
 The regional variables are excluded from this summary; they appear in the detailed results in the tables of Chapter 5.

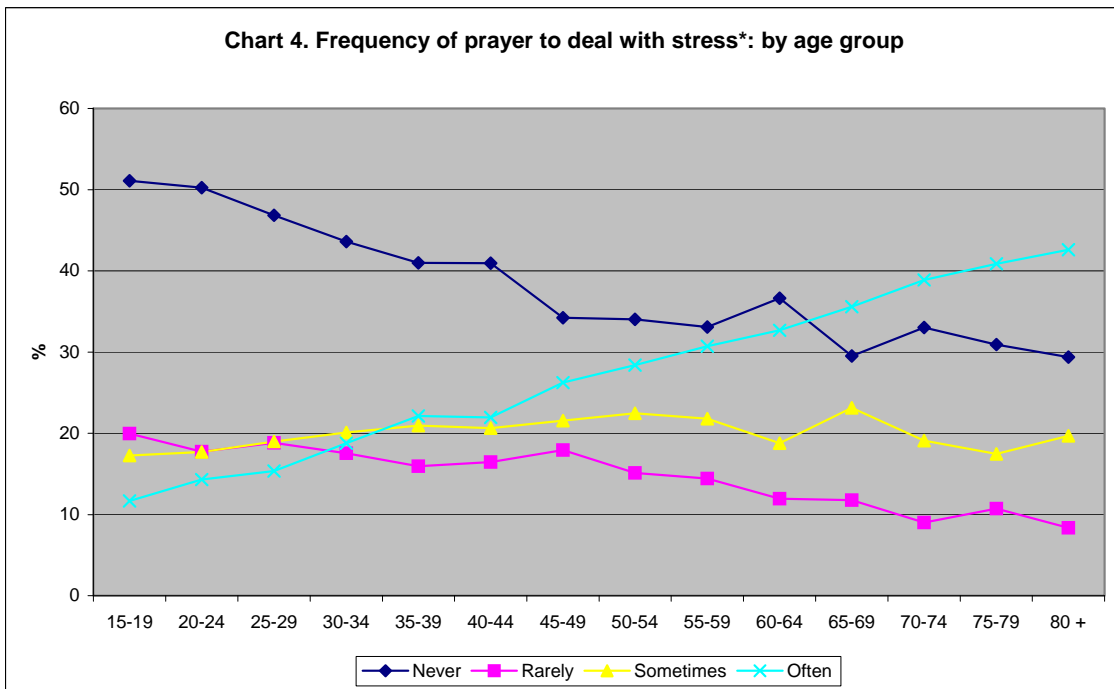
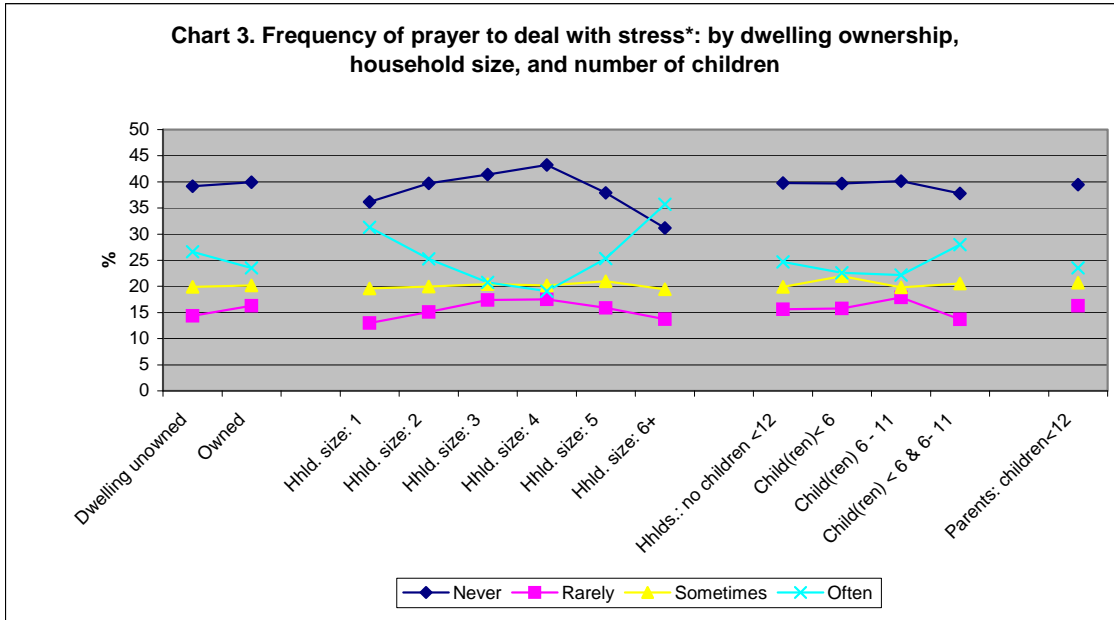
**Chapter 1. Charts portraying the percentage of Canadians,
by frequency of coping with stress by prayer**



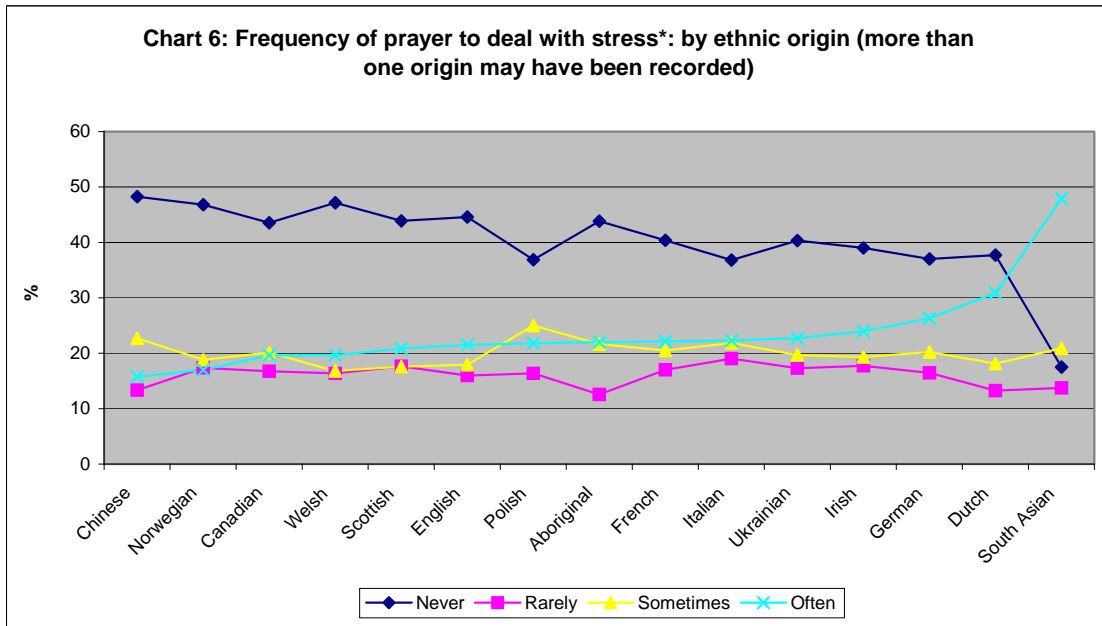
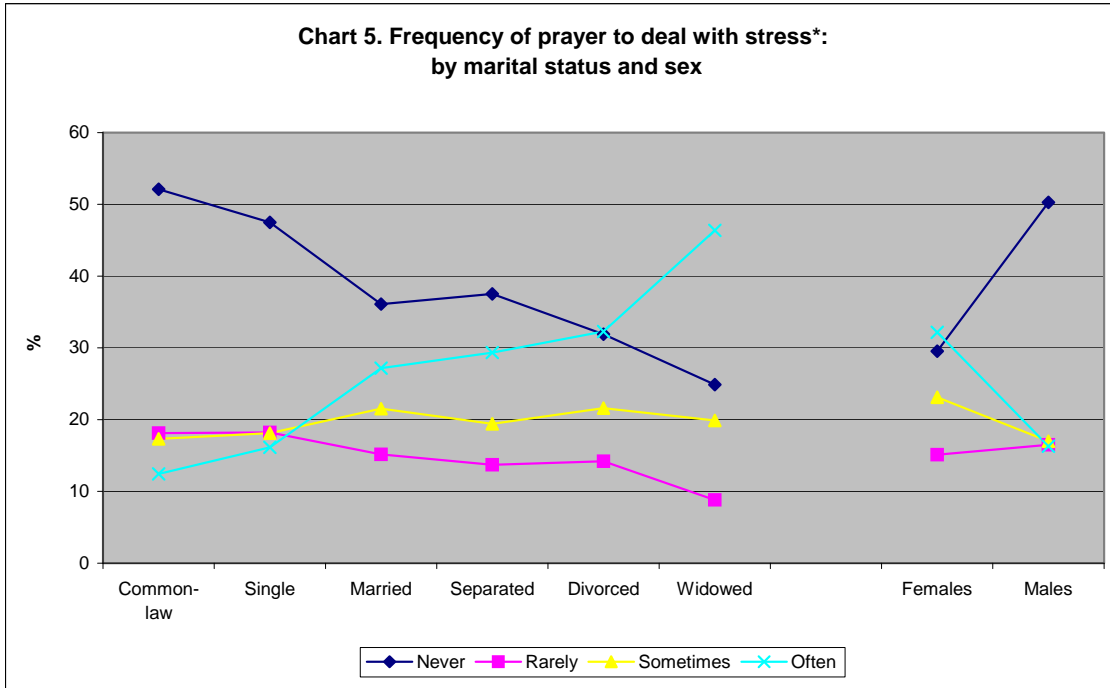
Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



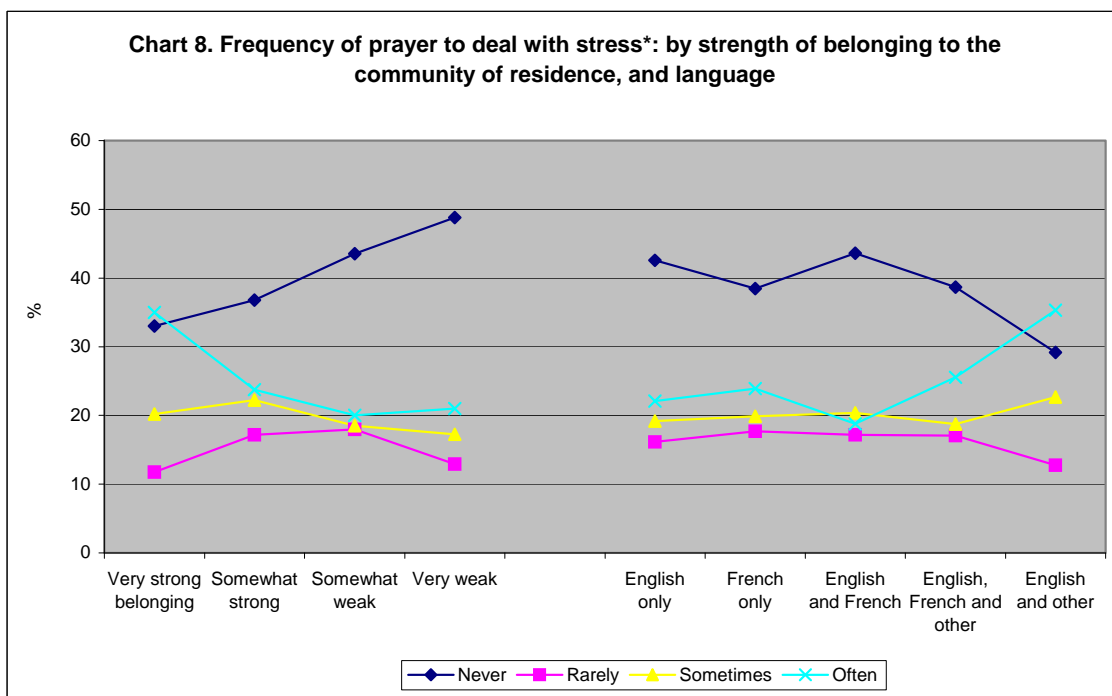
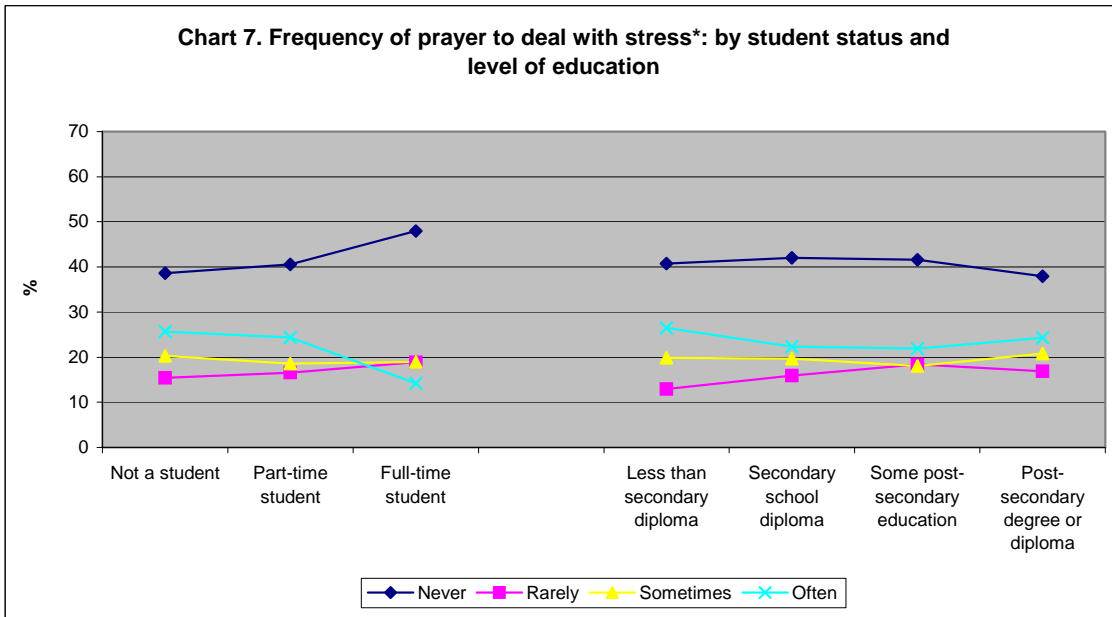
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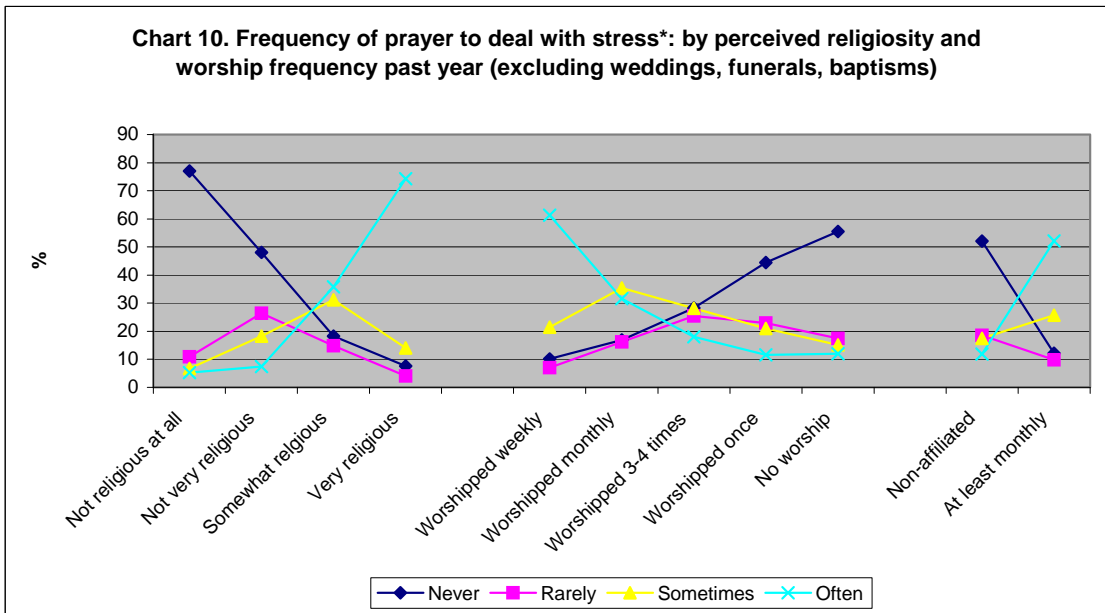
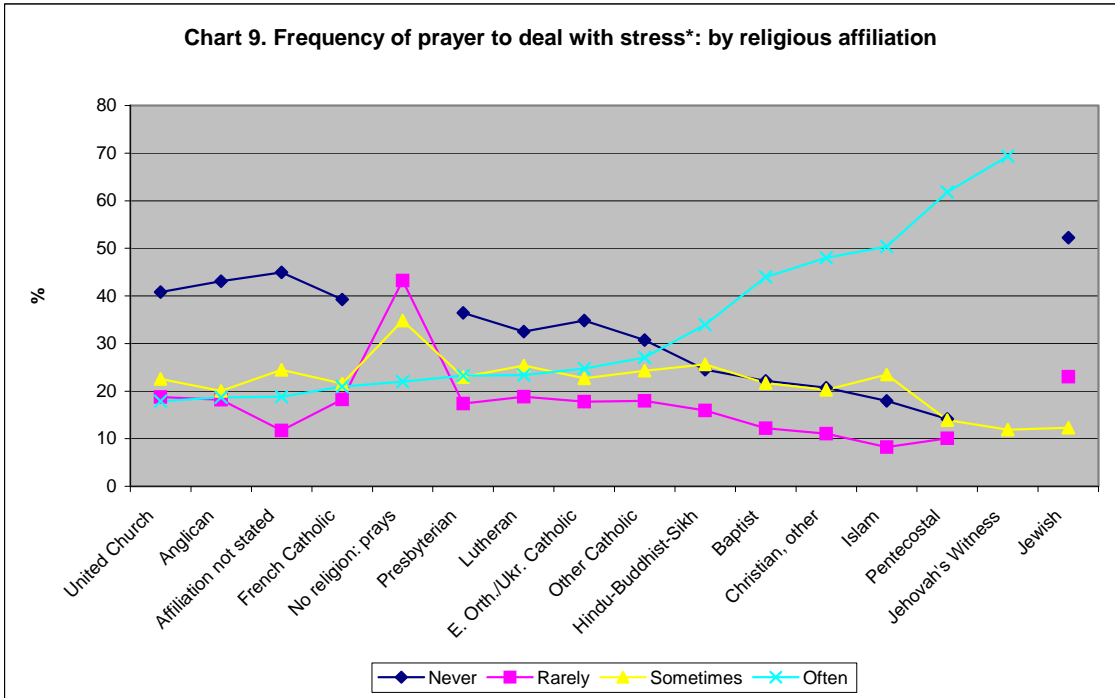
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



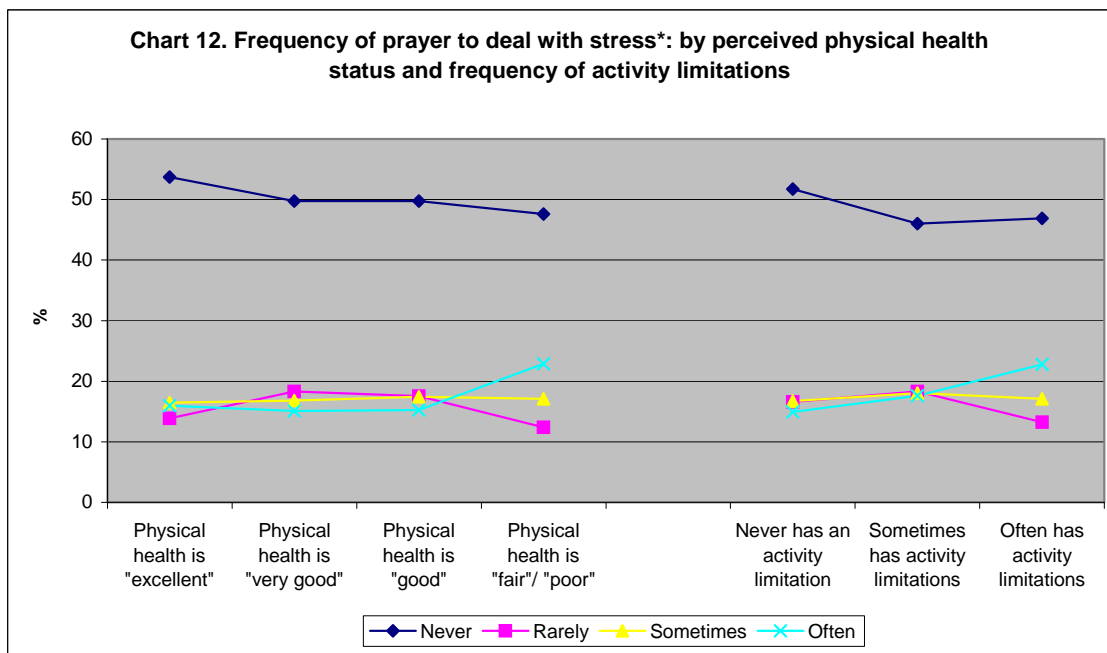
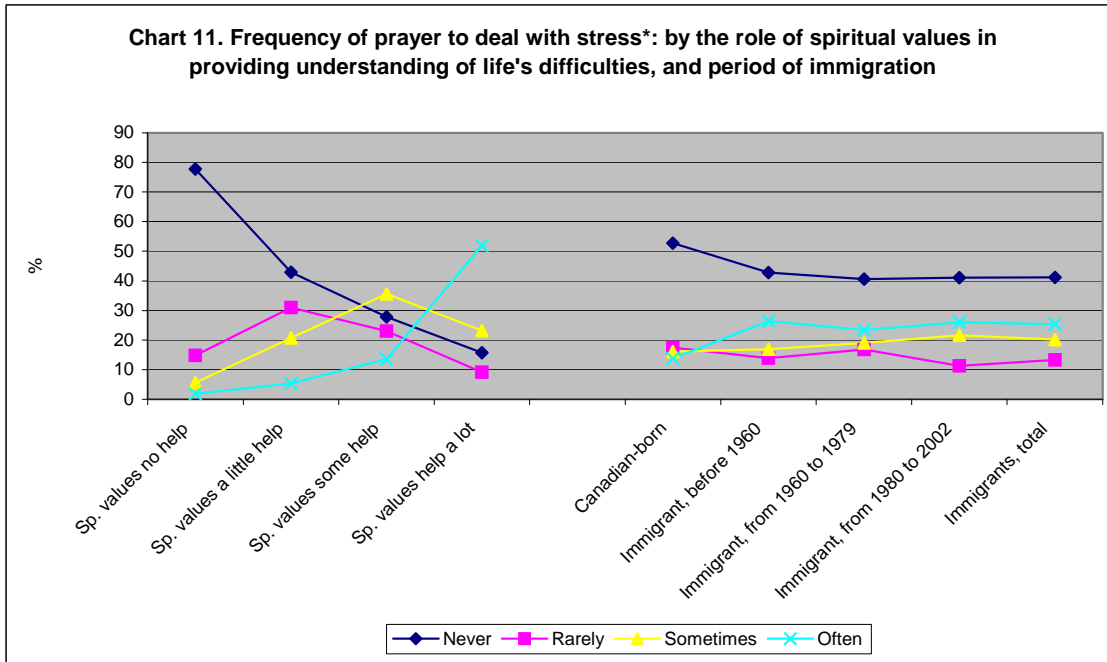
Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



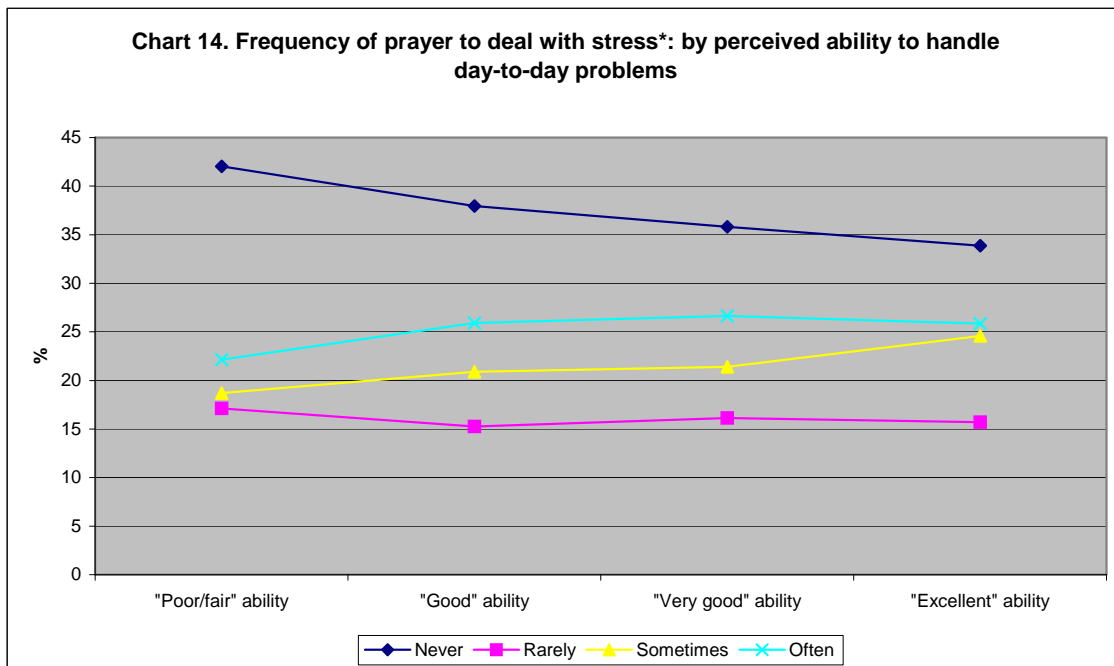
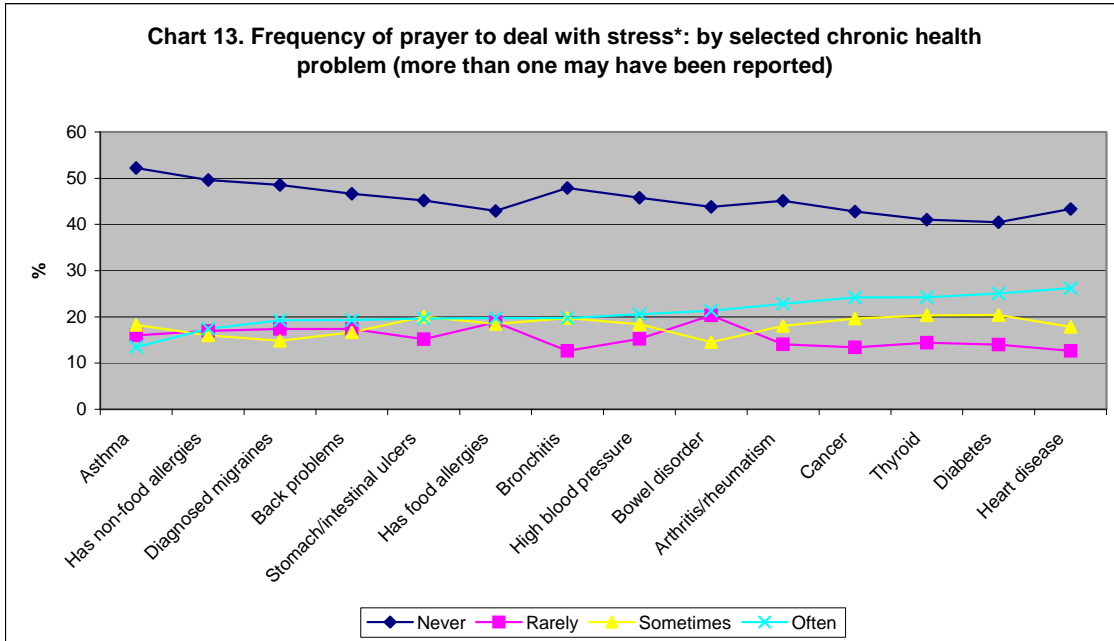
Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Religiously unaffiliated are assumed to be non-worshippers.



Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

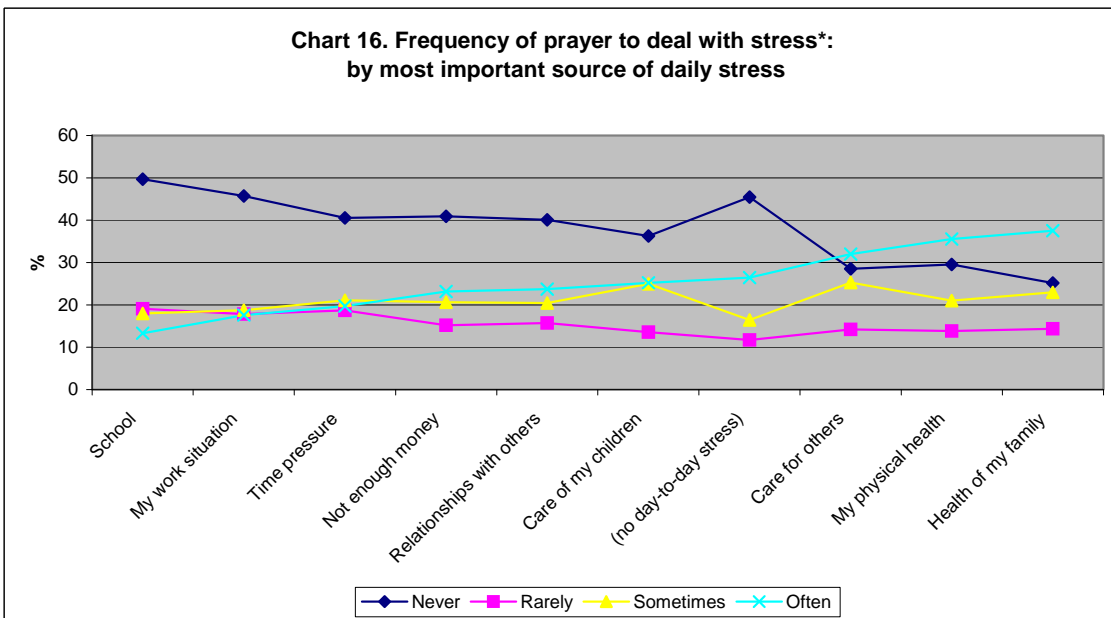
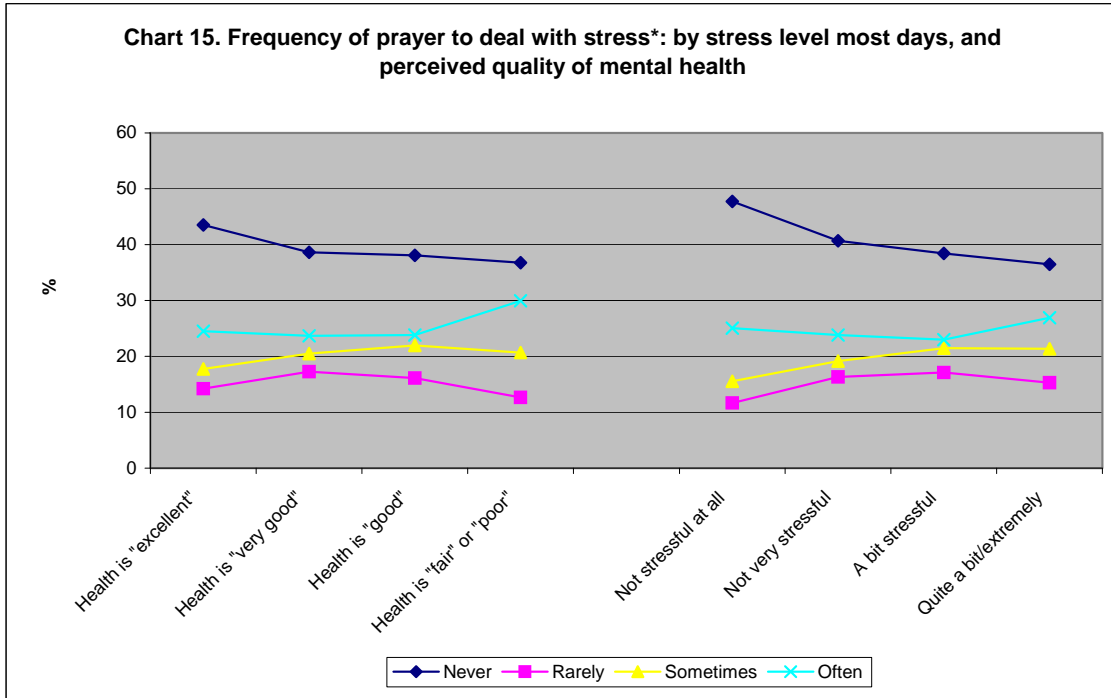
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

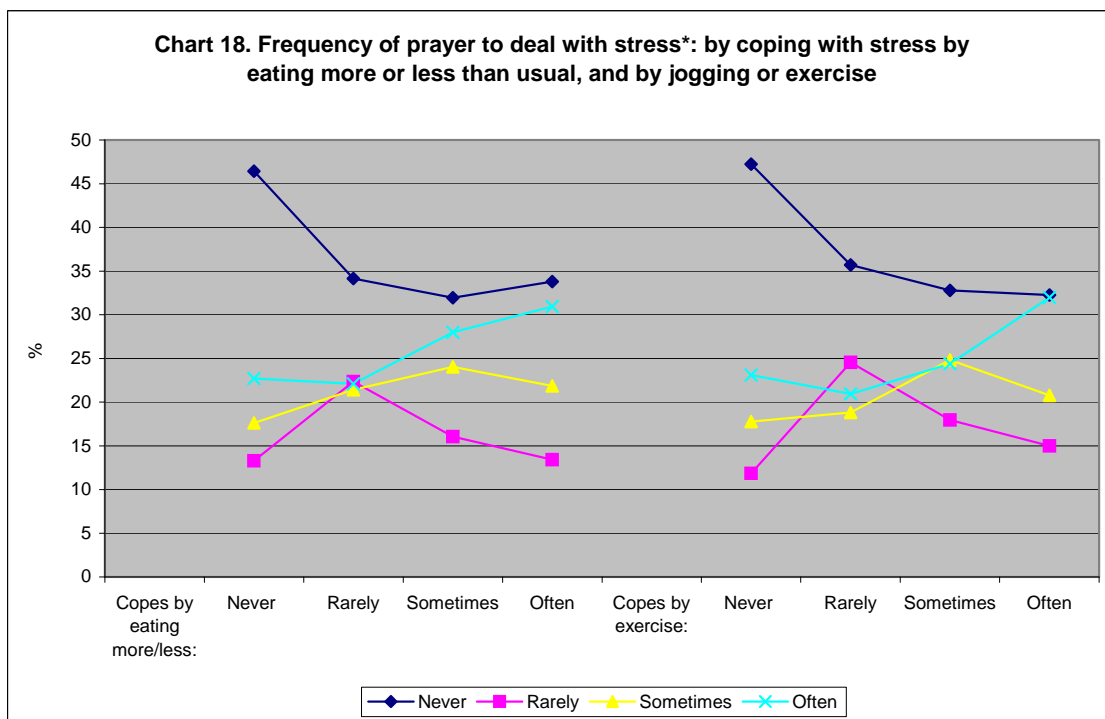
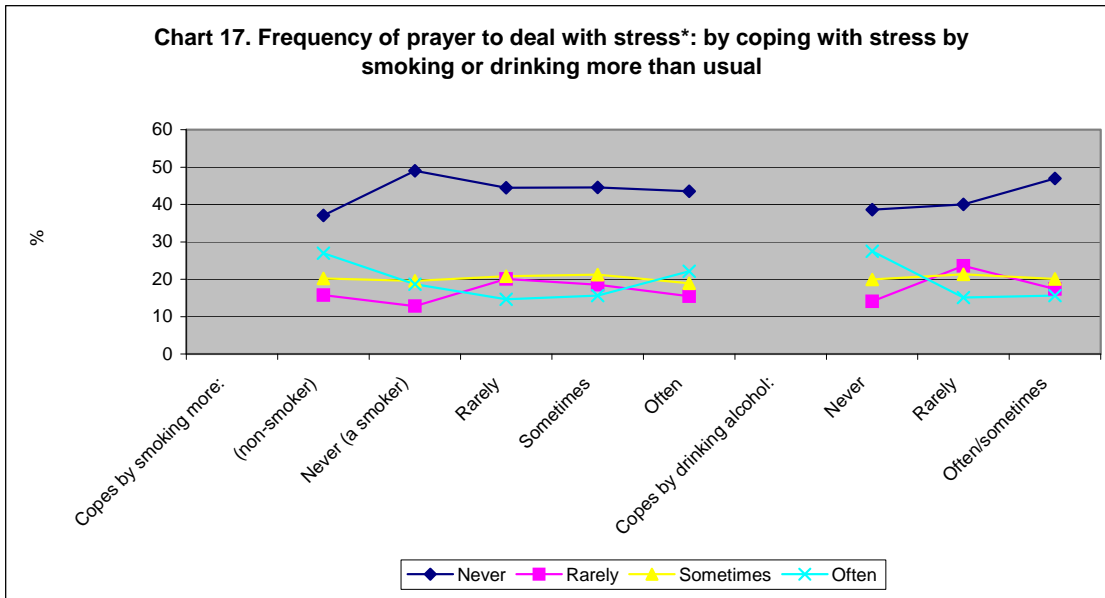
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

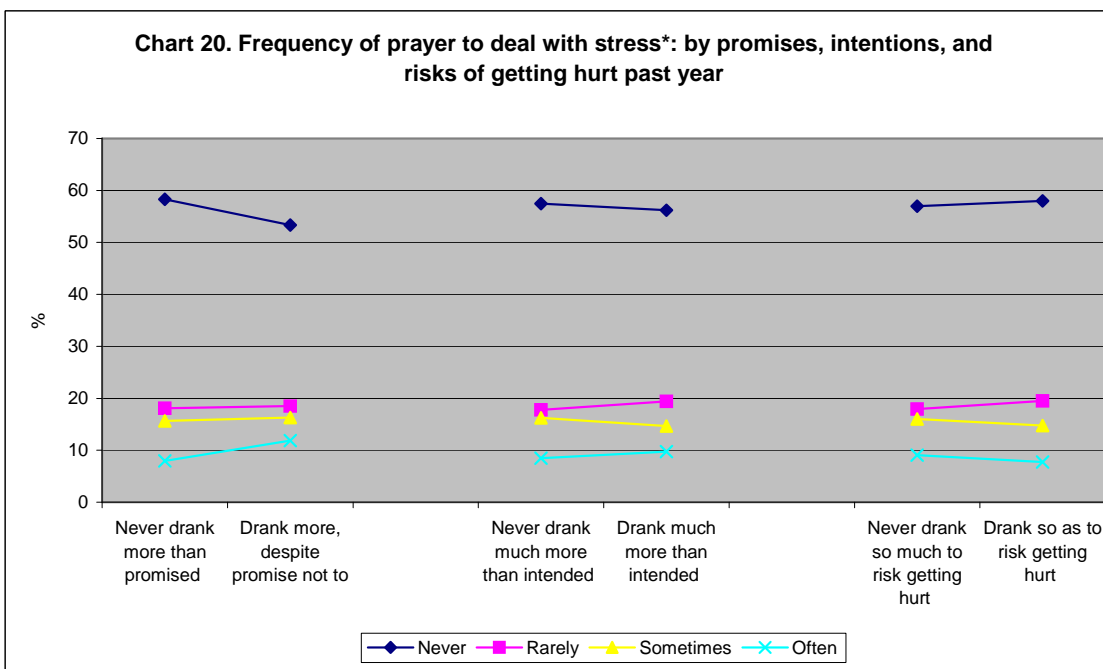
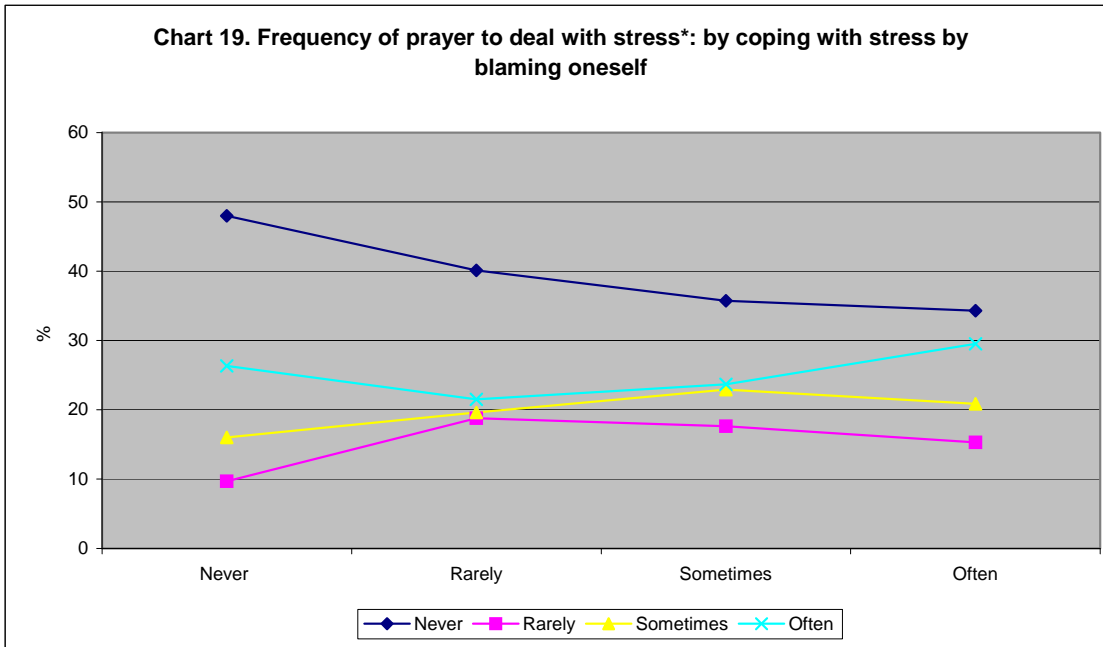
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

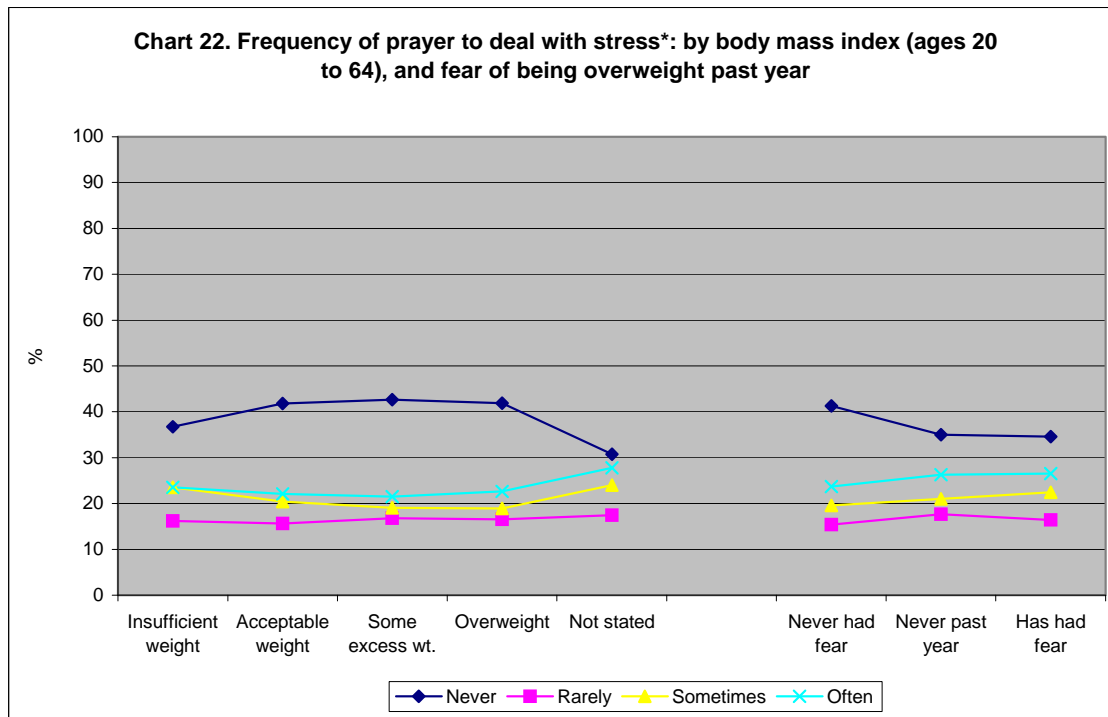
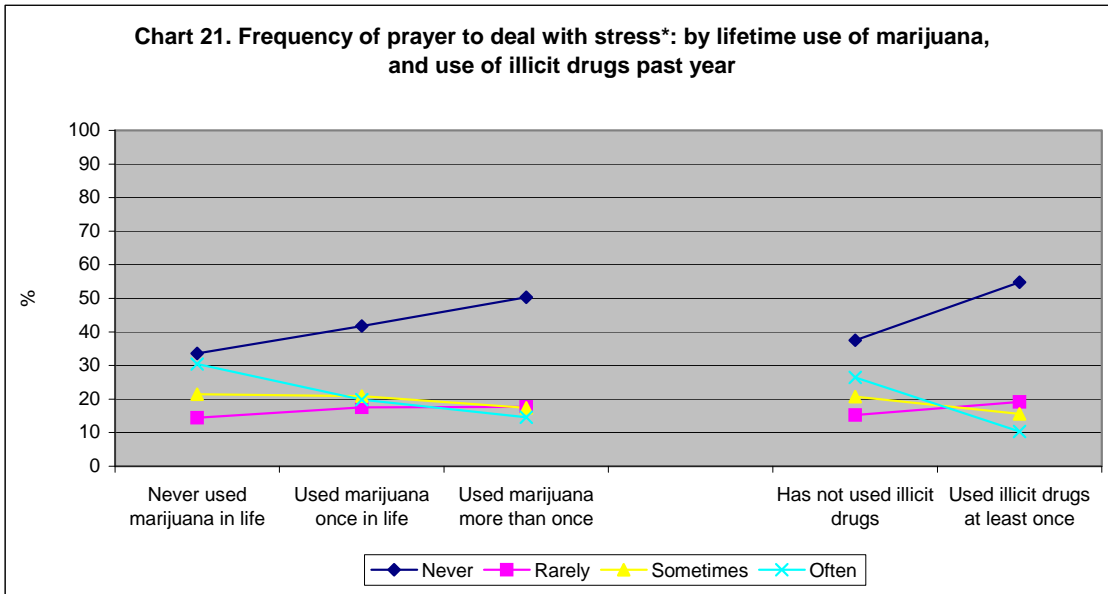
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Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

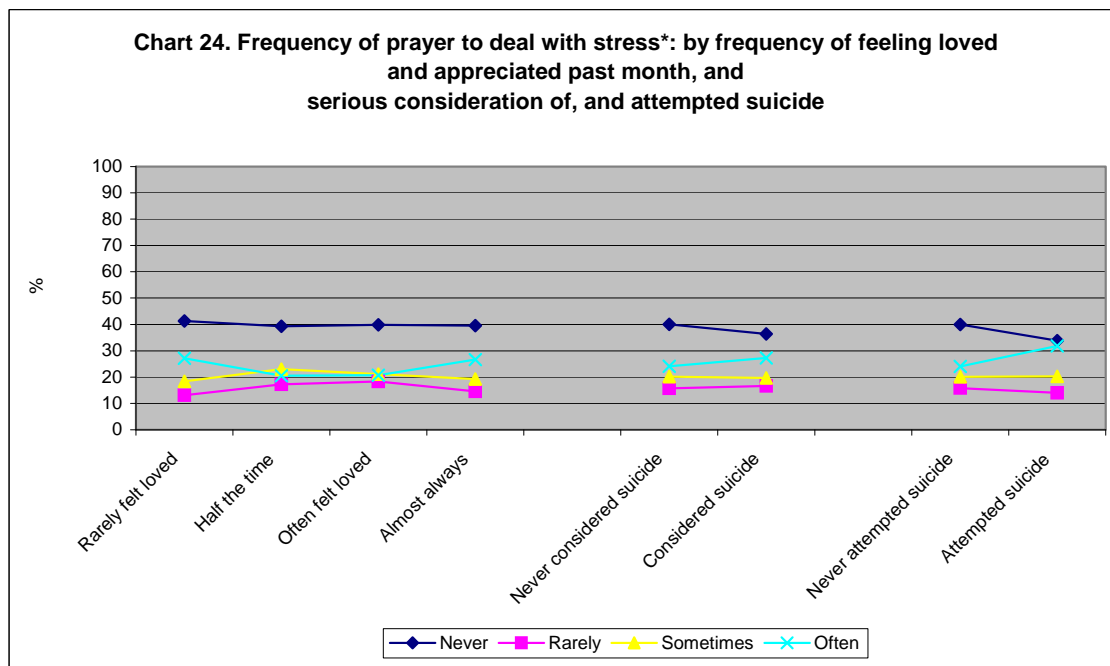
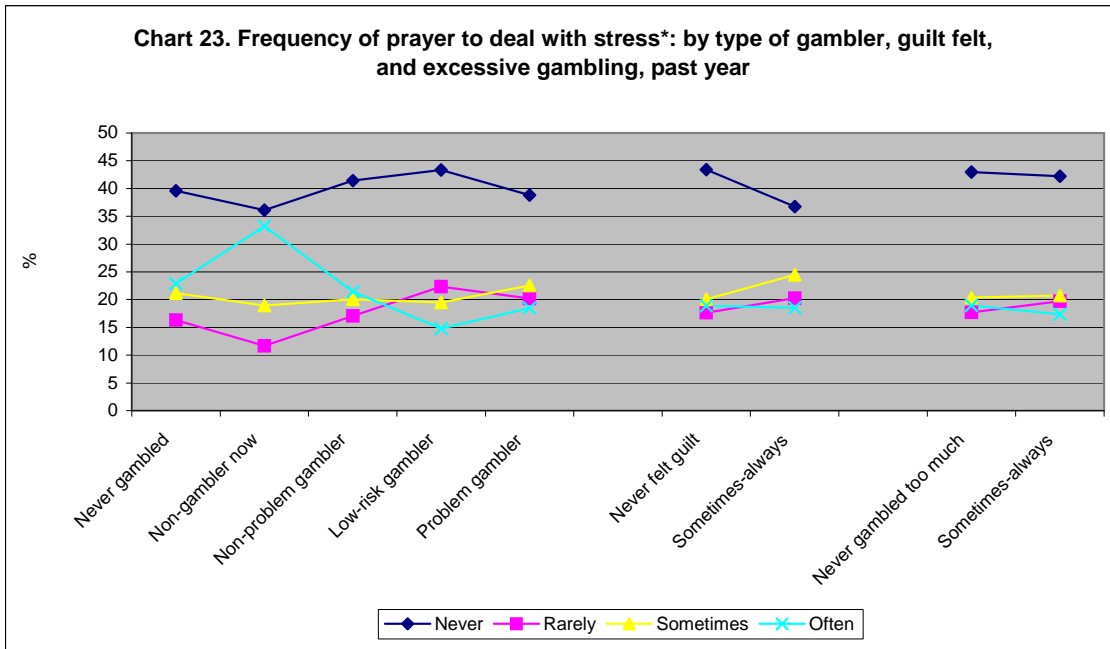
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Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

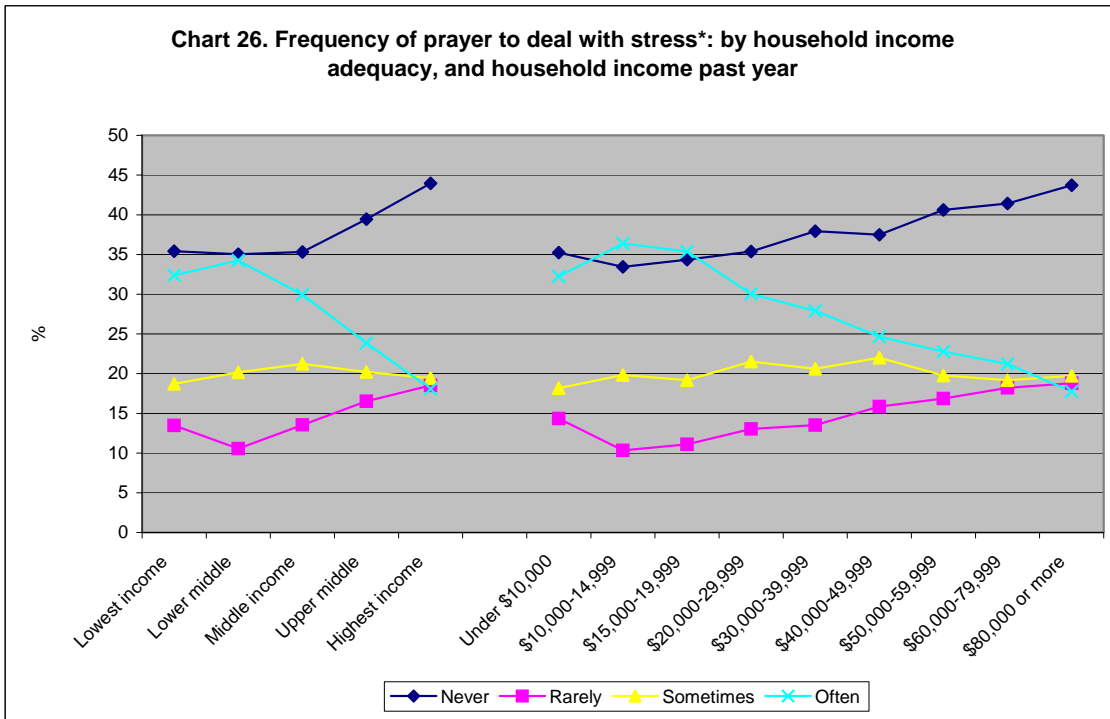
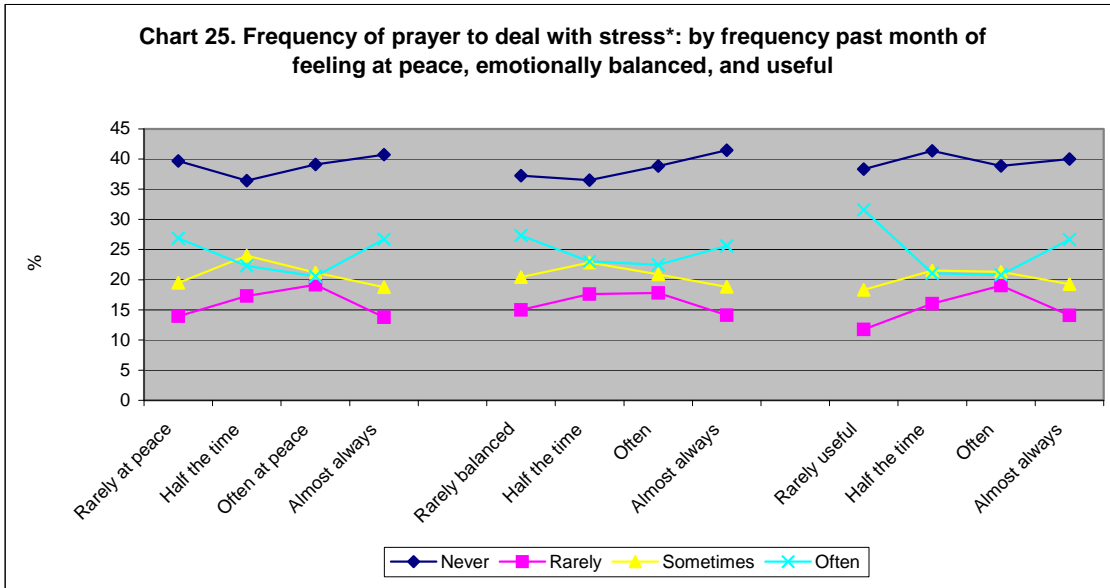
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

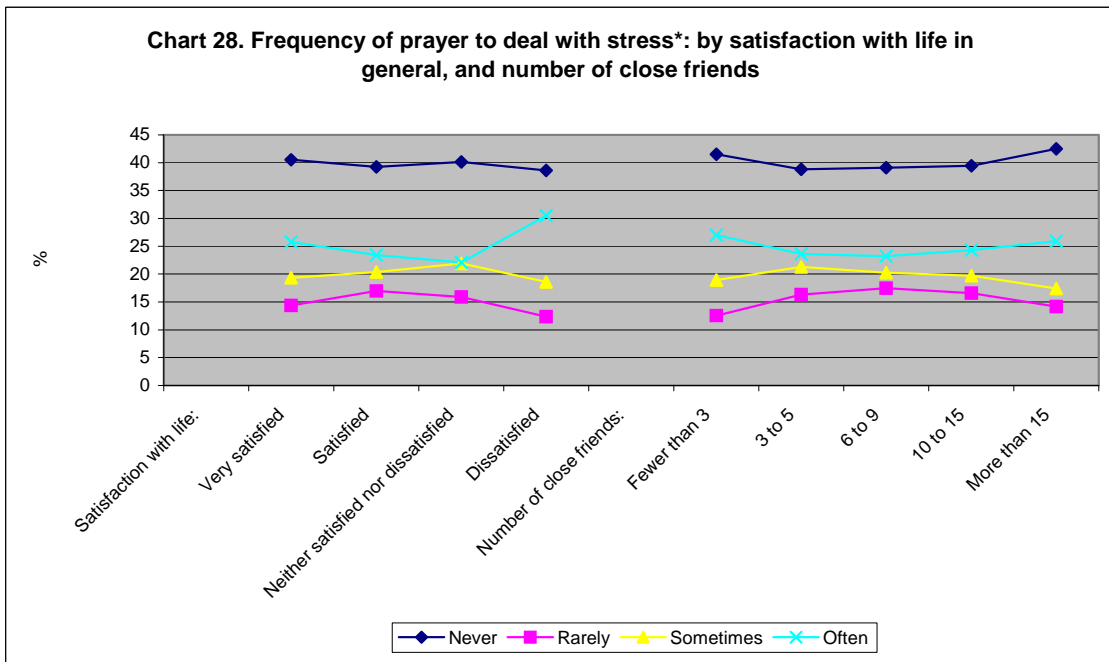
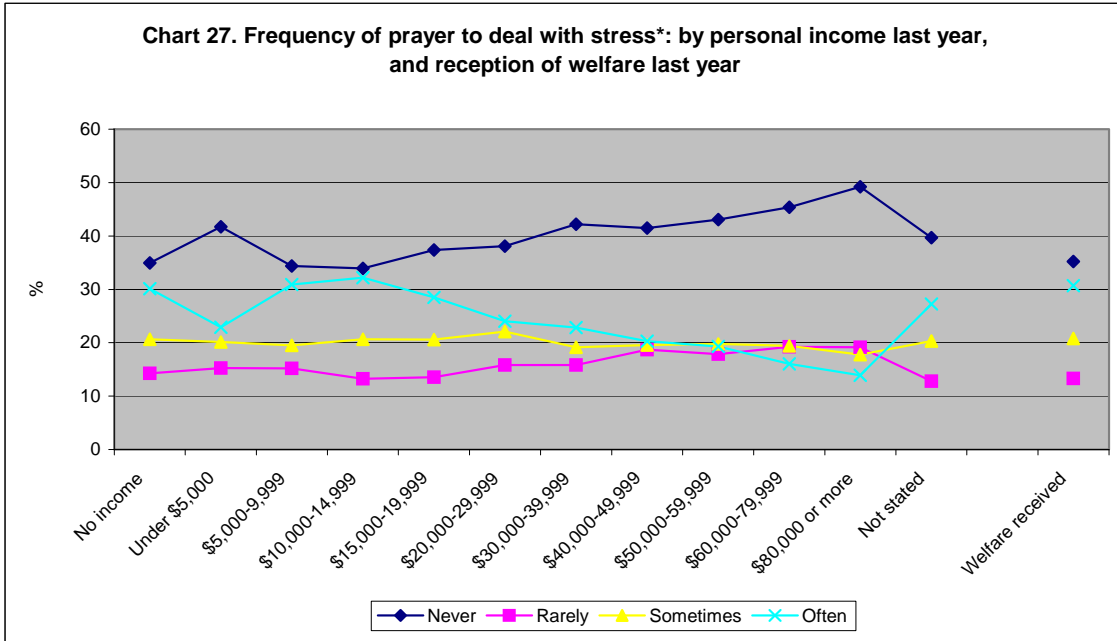
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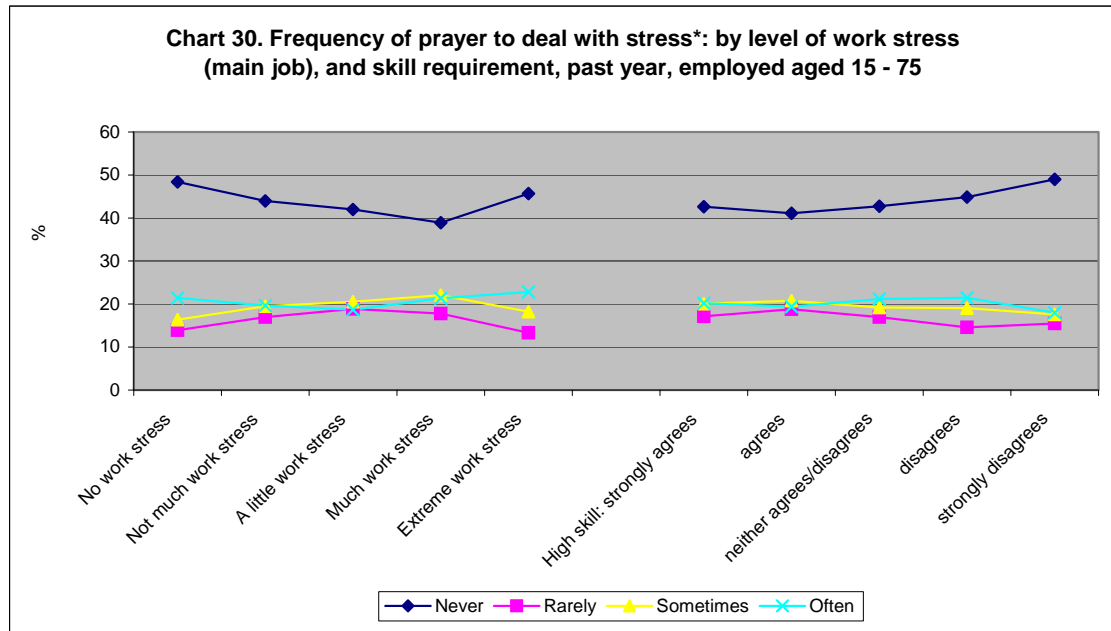
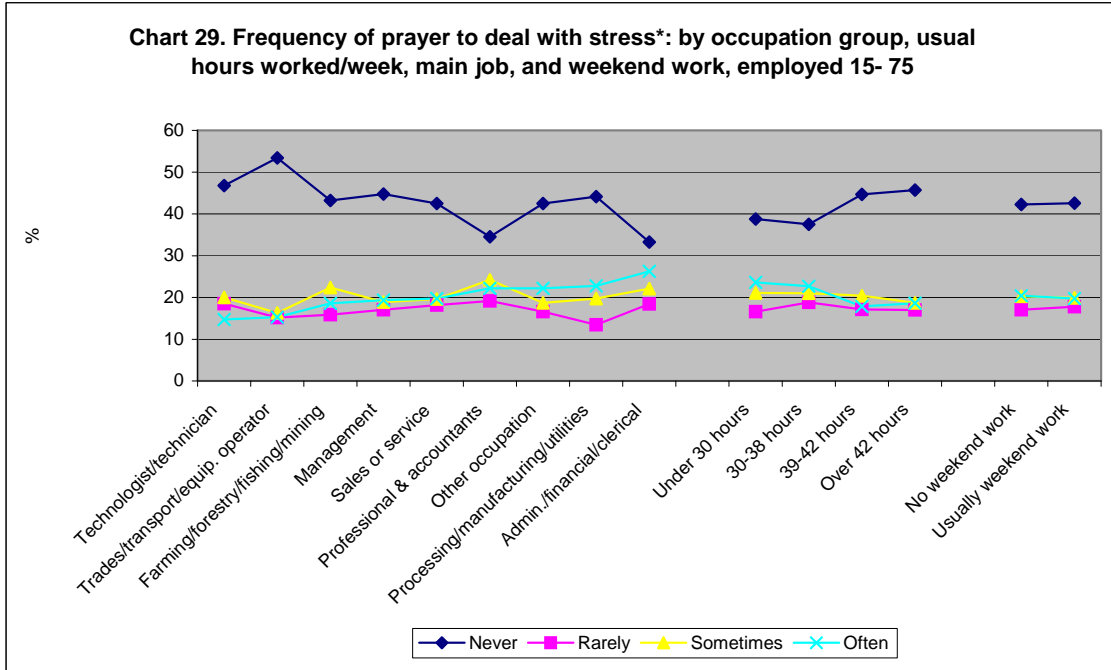
Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

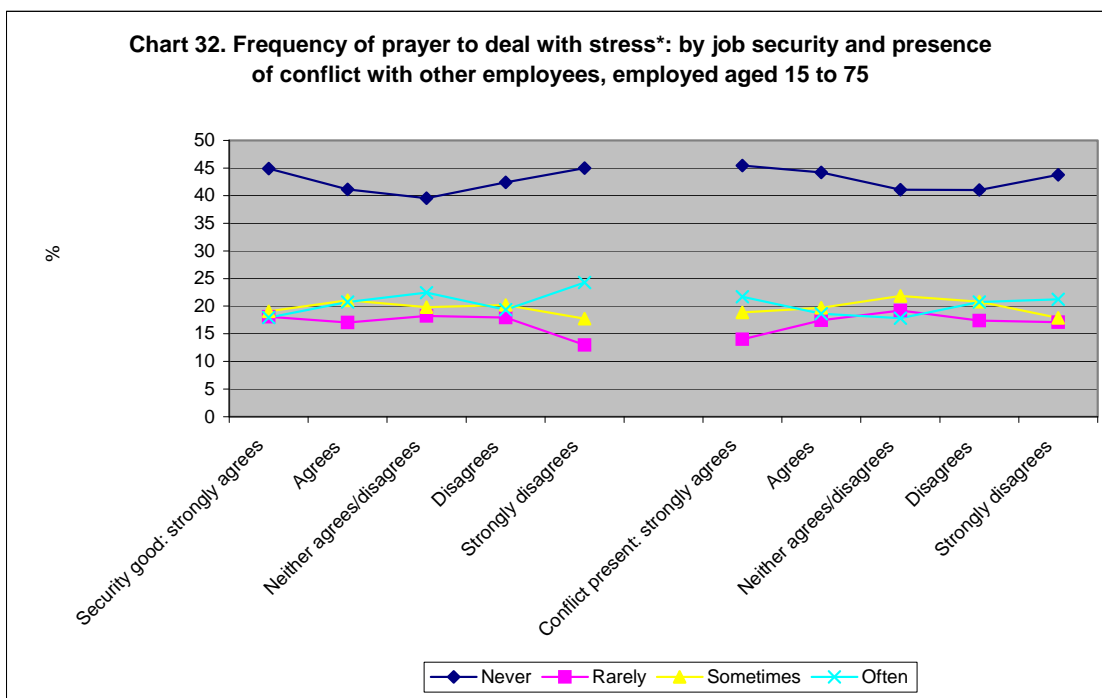
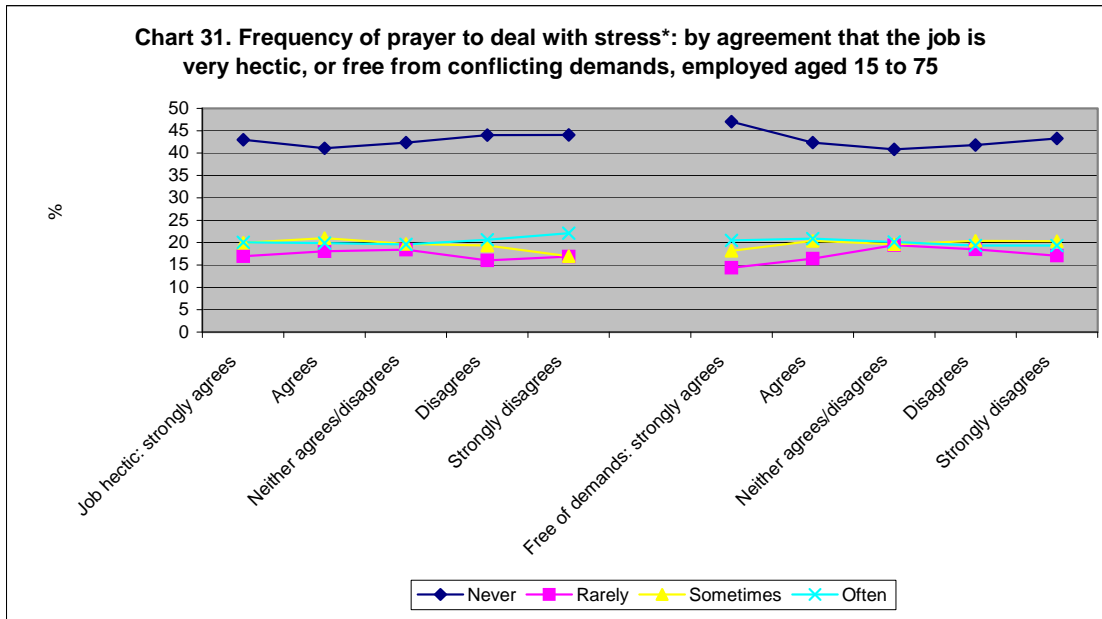
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



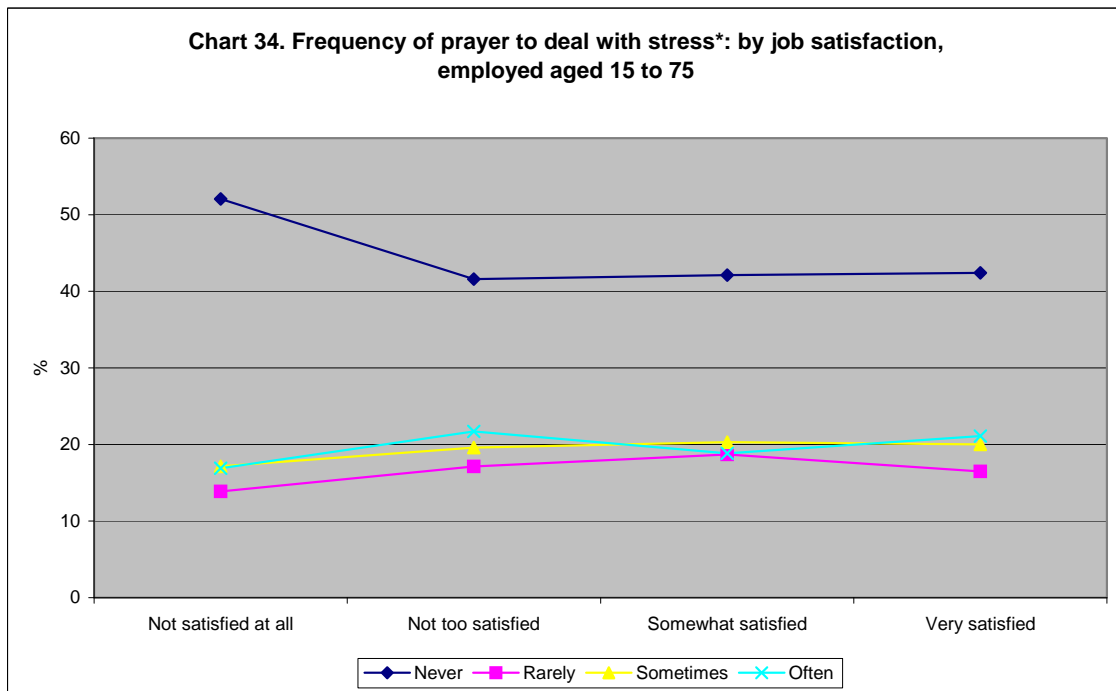
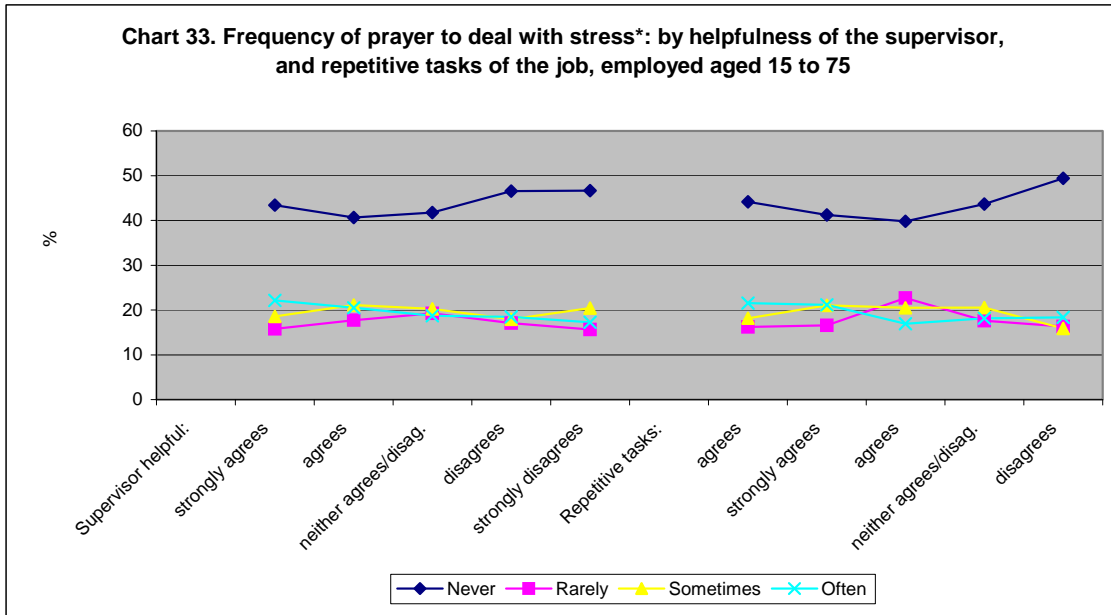
Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

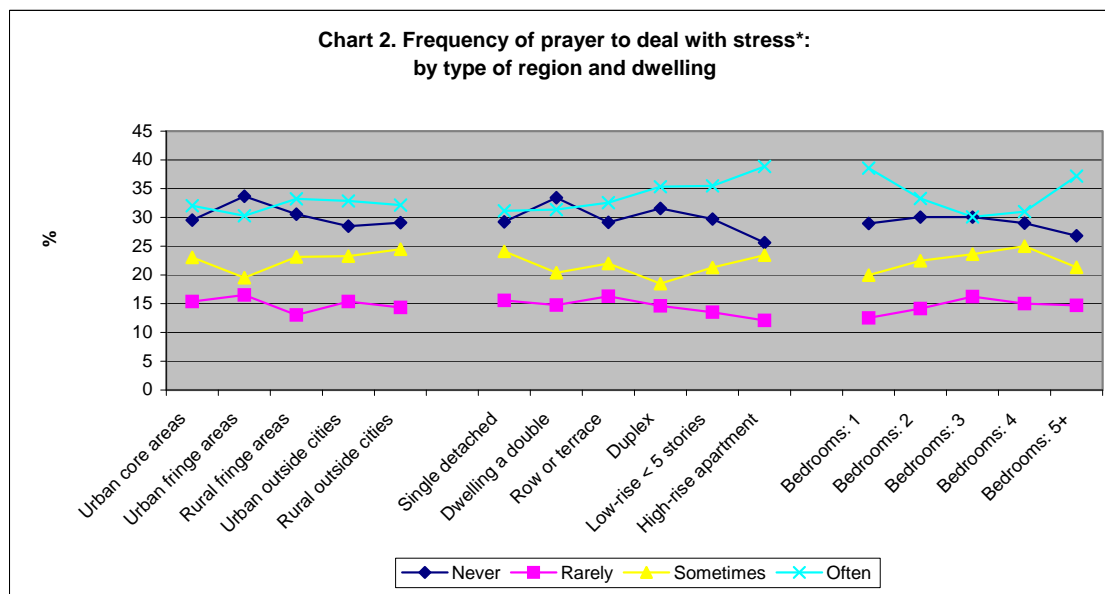
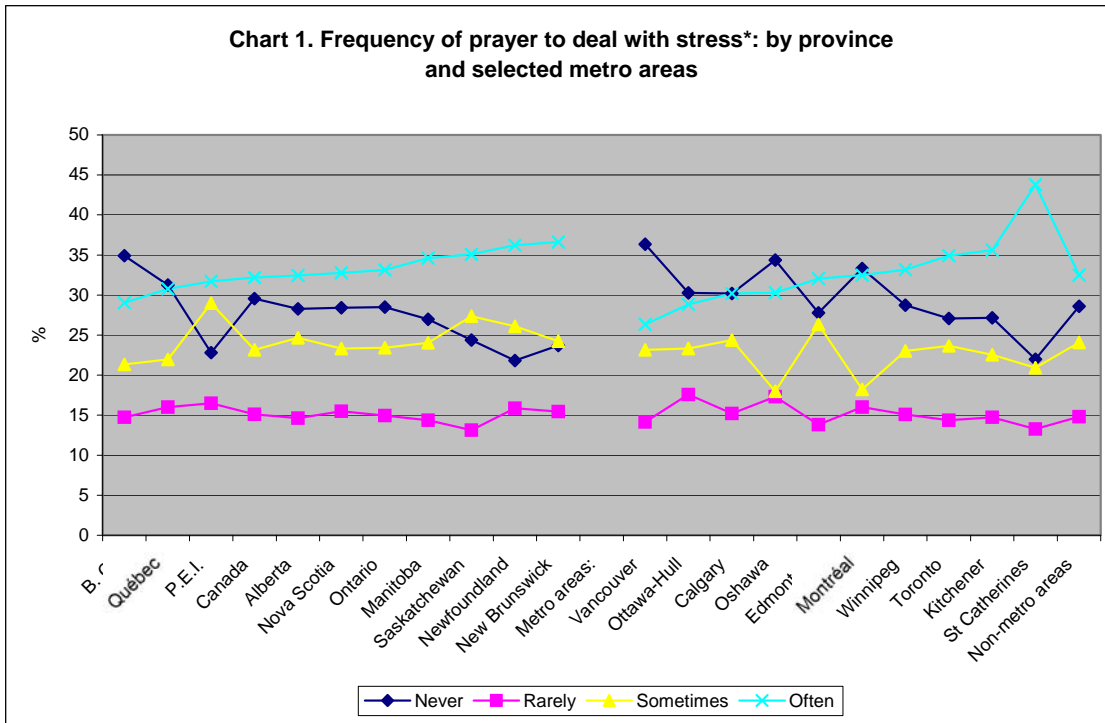


Total, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chapter 2. Charts portraying the percentage of women
by frequency of coping with stress by prayer**



Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 3. Frequency of prayer to deal with stress*: by dwelling ownership, household size, and number of children

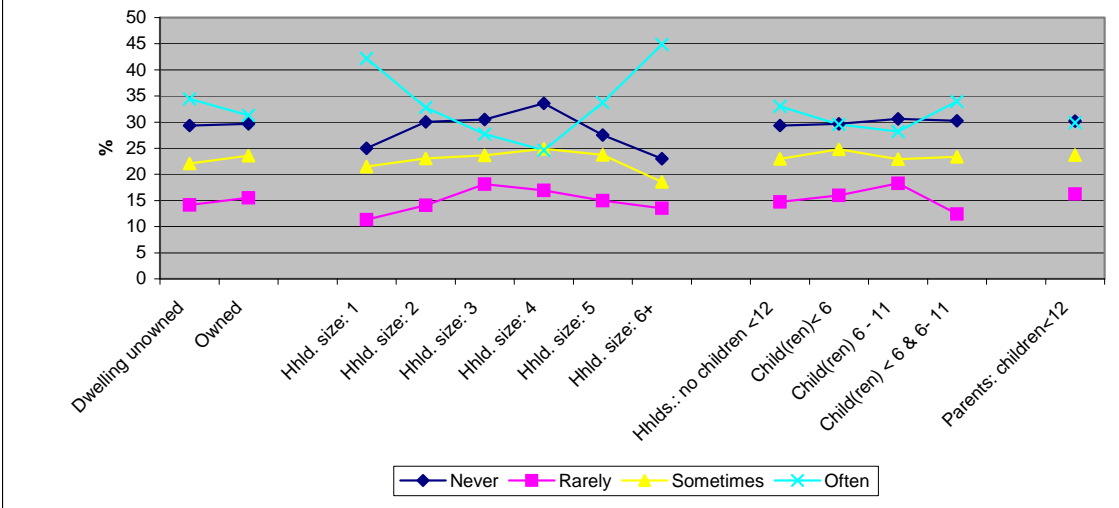
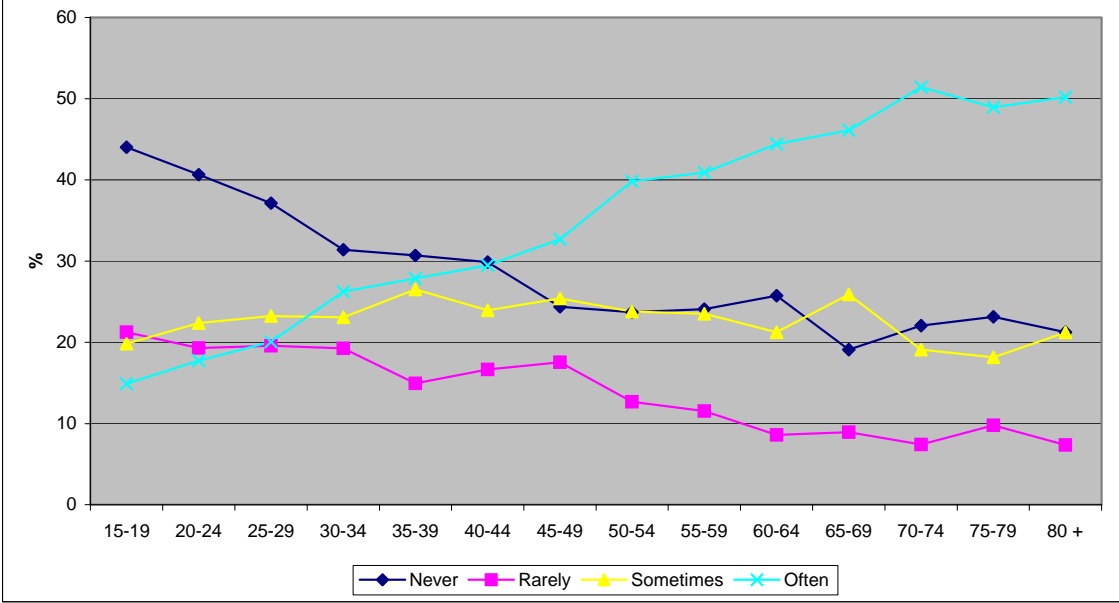
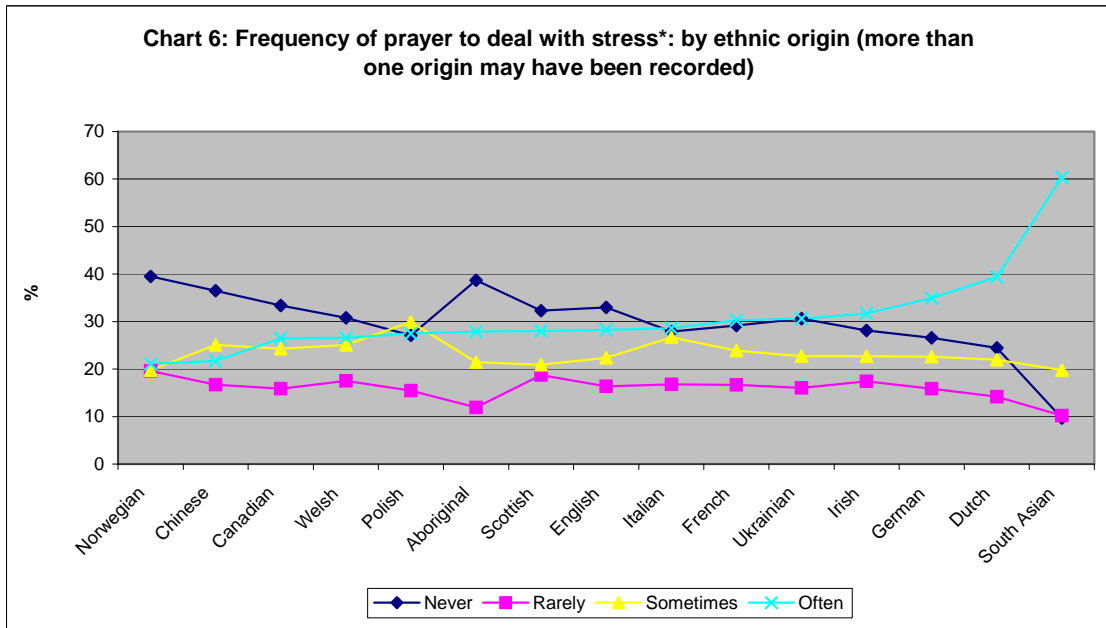
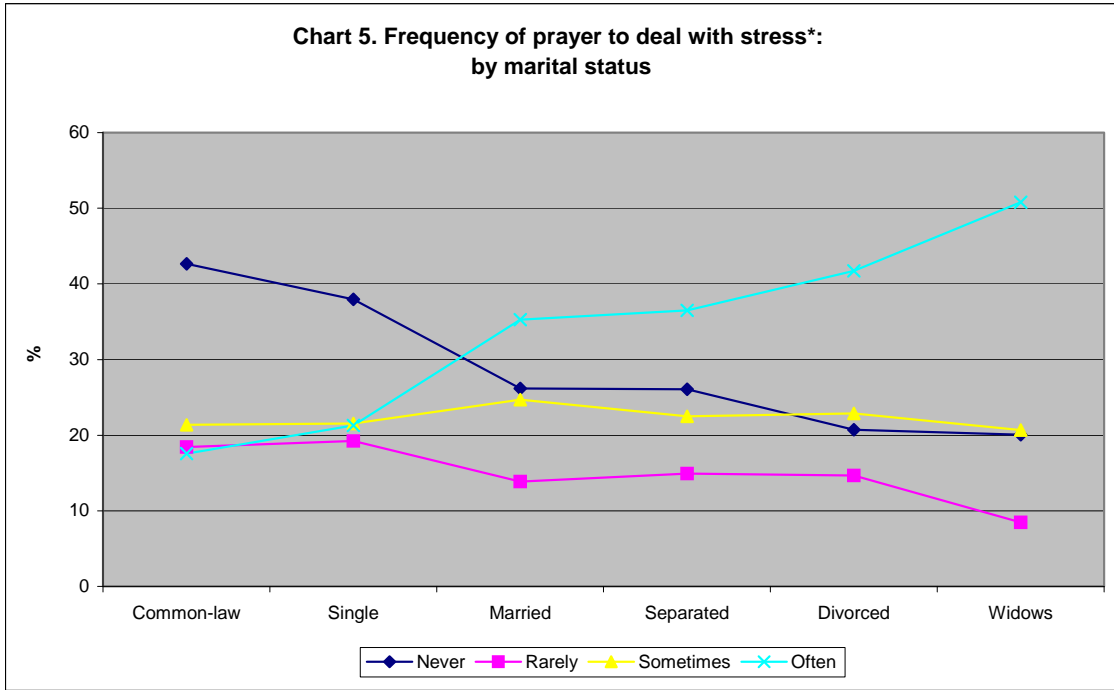


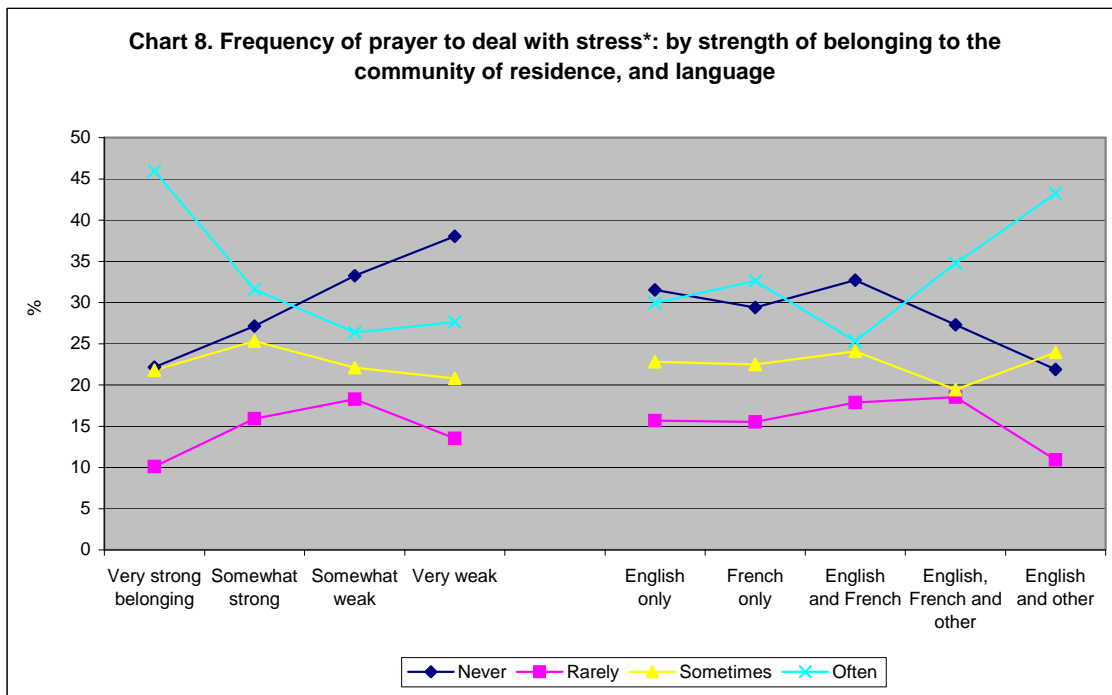
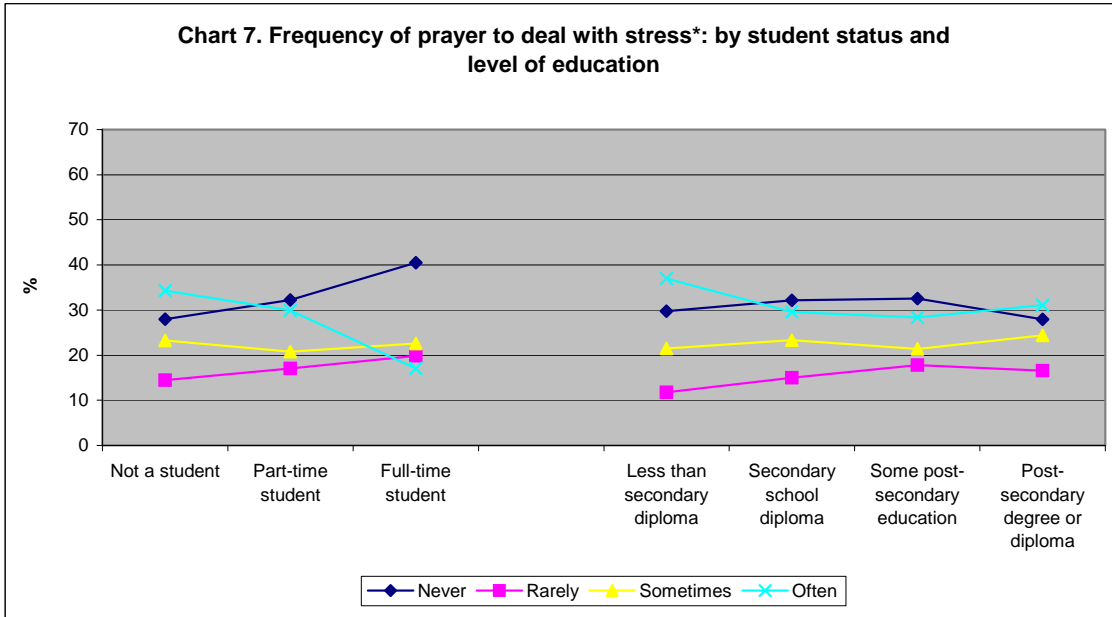
Chart 4. Frequency of prayer to deal with stress*: by age group



Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



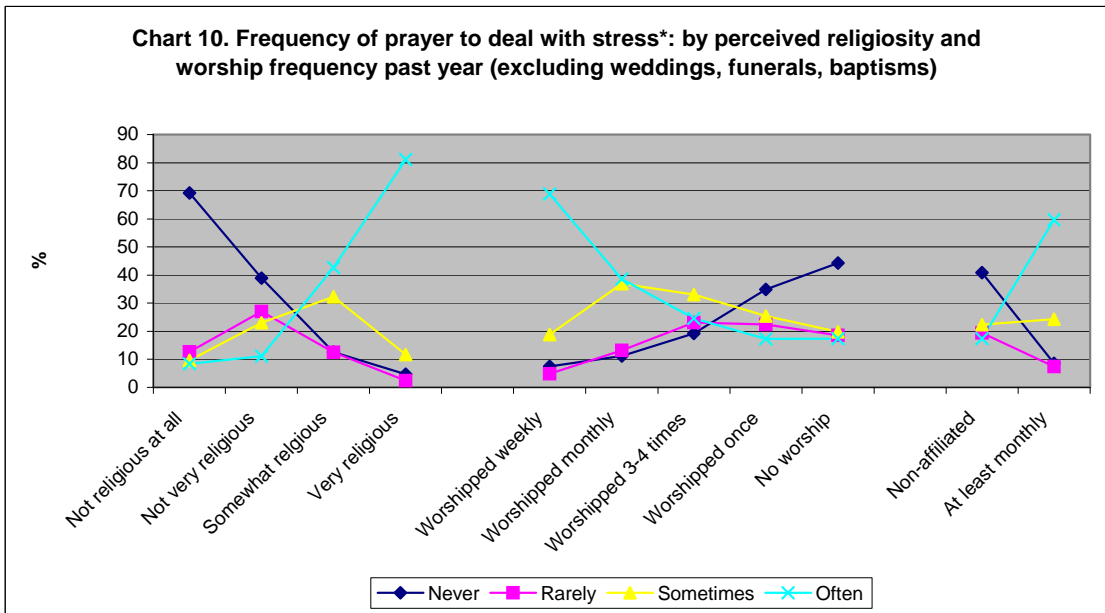
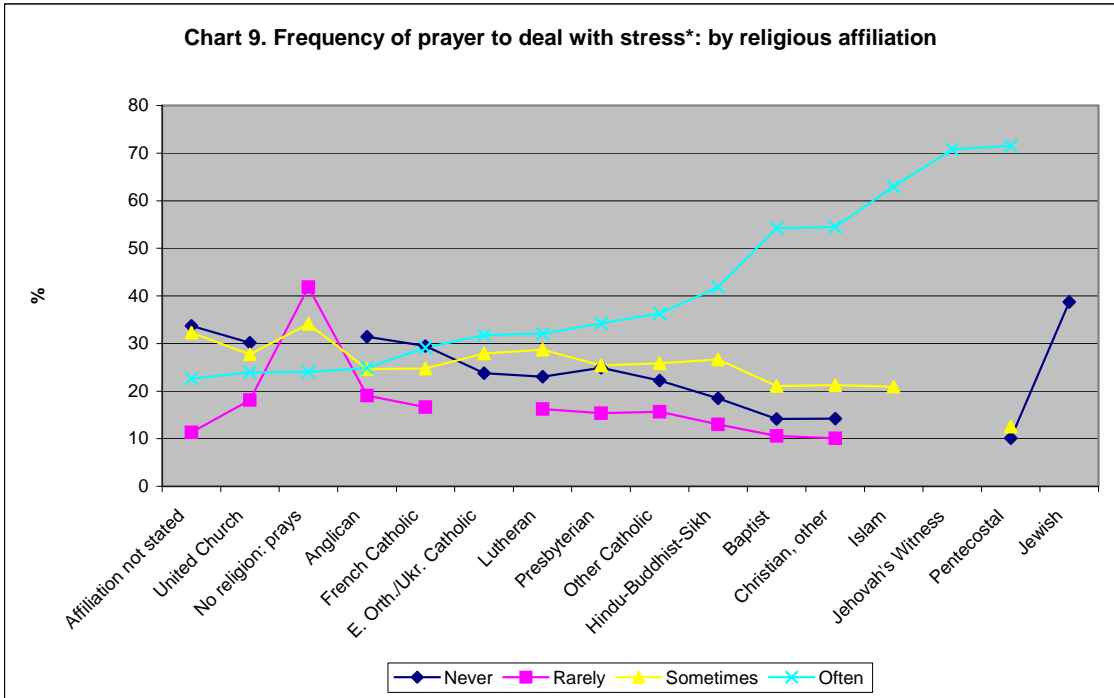
Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Religiously unaffiliated are assumed to be non-worshippers.

Chart 11. Frequency of prayer to deal with stress*: by the role of spiritual values in providing understanding of life's difficulties, and immigration period

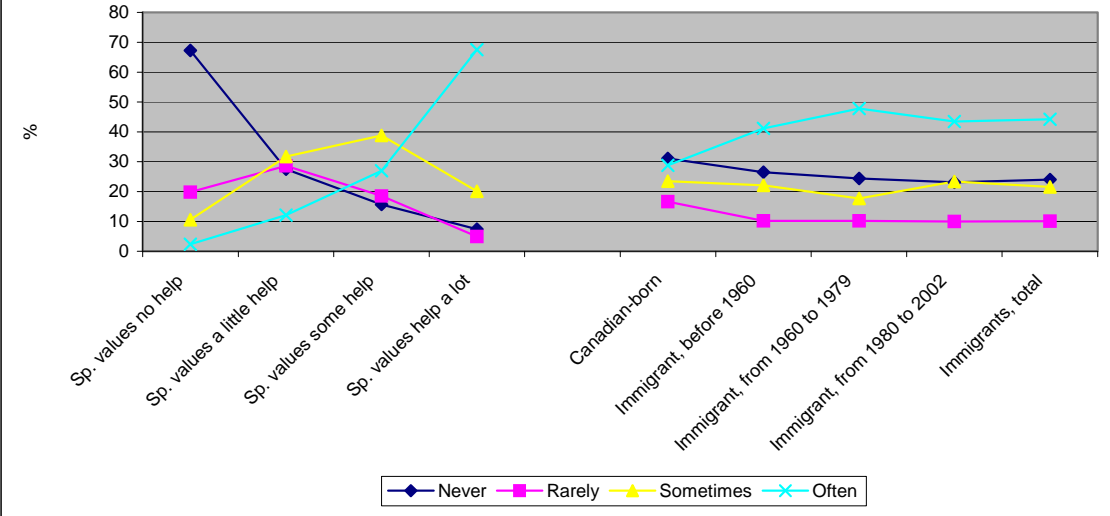
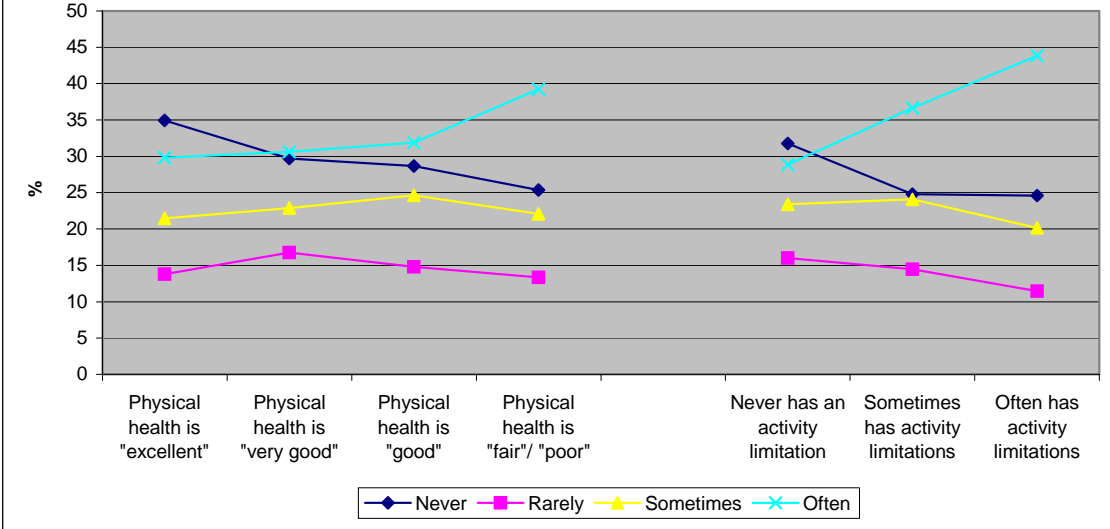
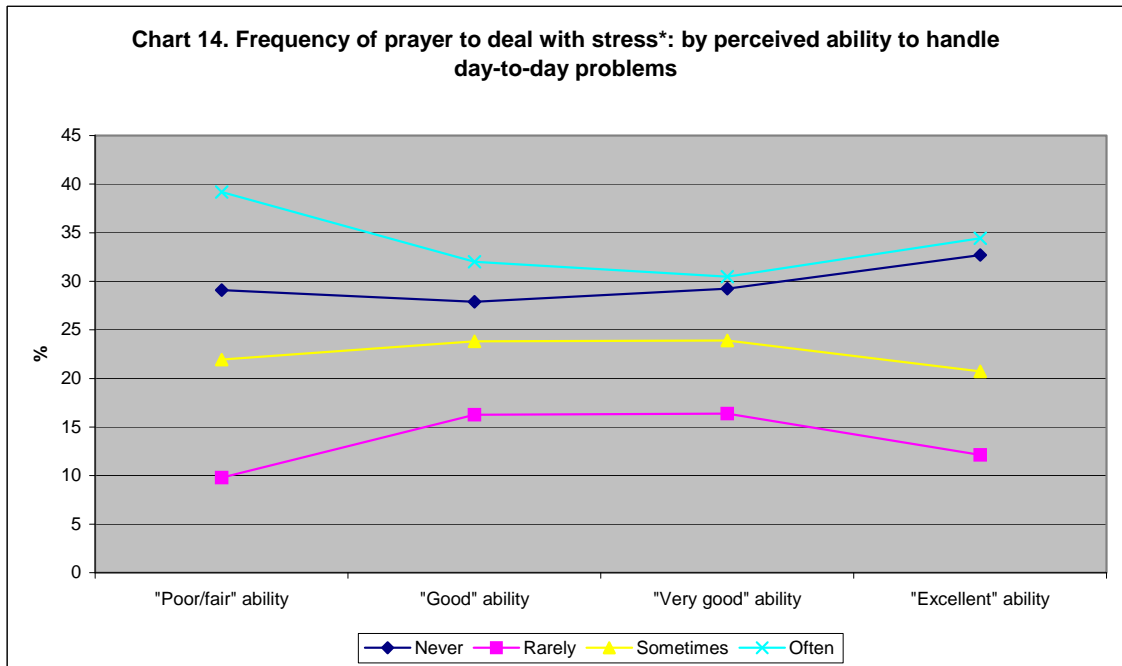
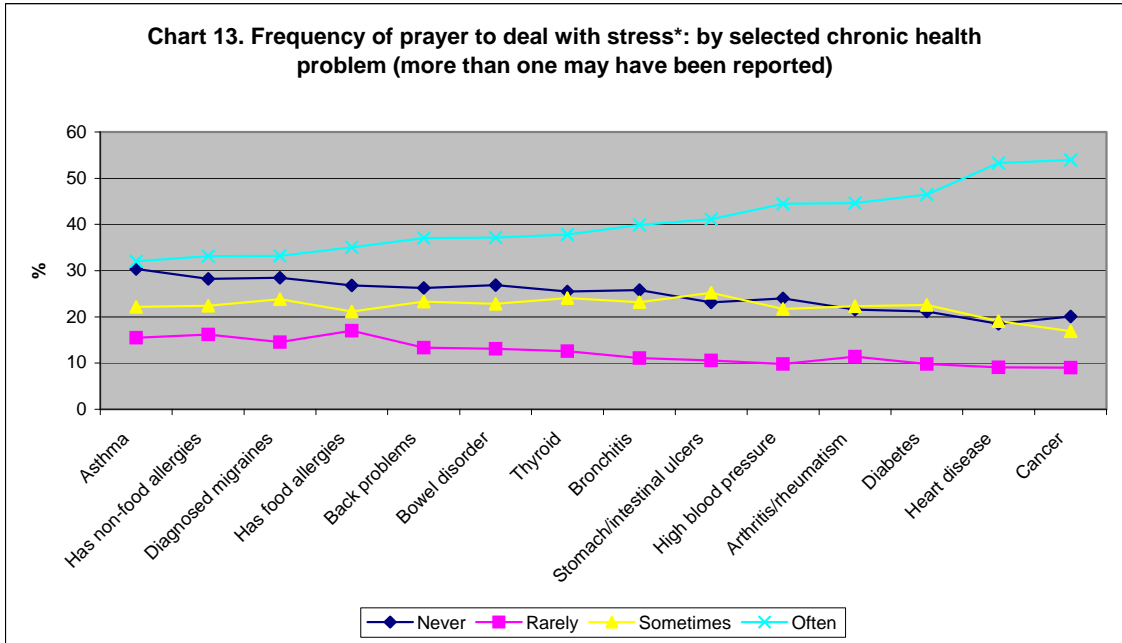


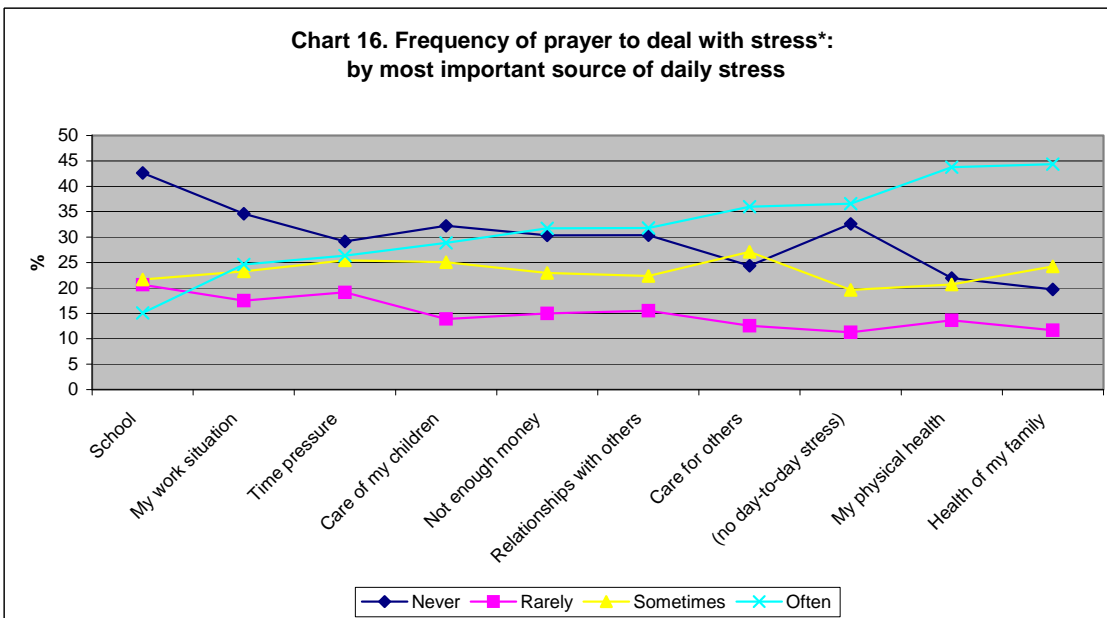
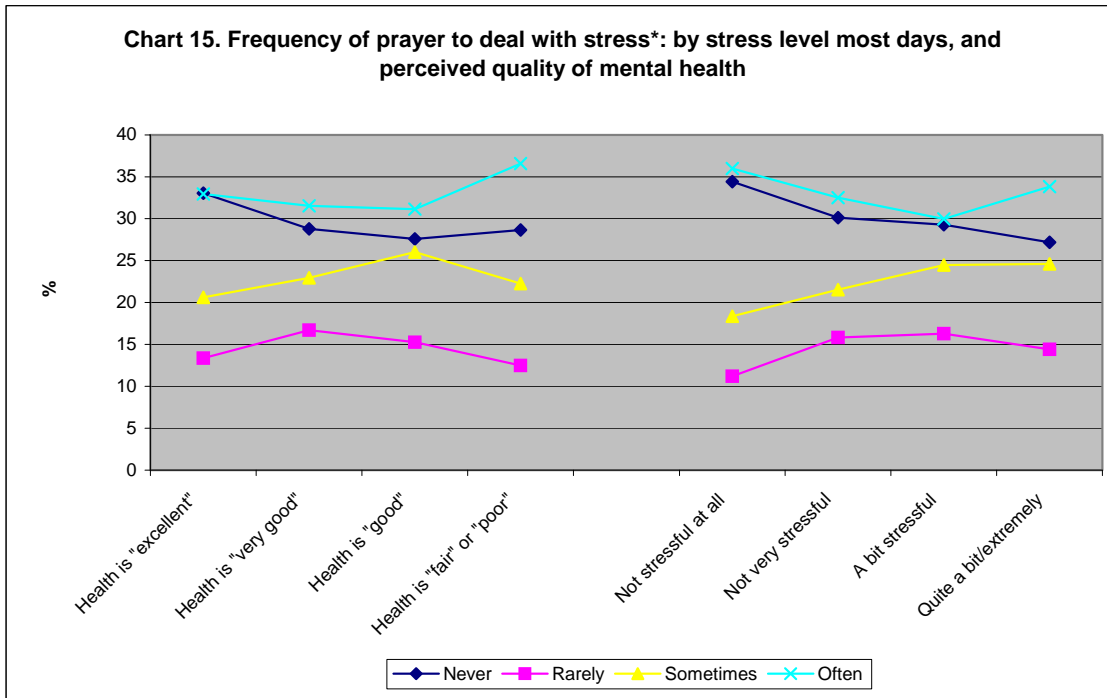
Chart 12. Frequency of prayer to deal with stress*: by perceived physical health status and frequency of activity limitations



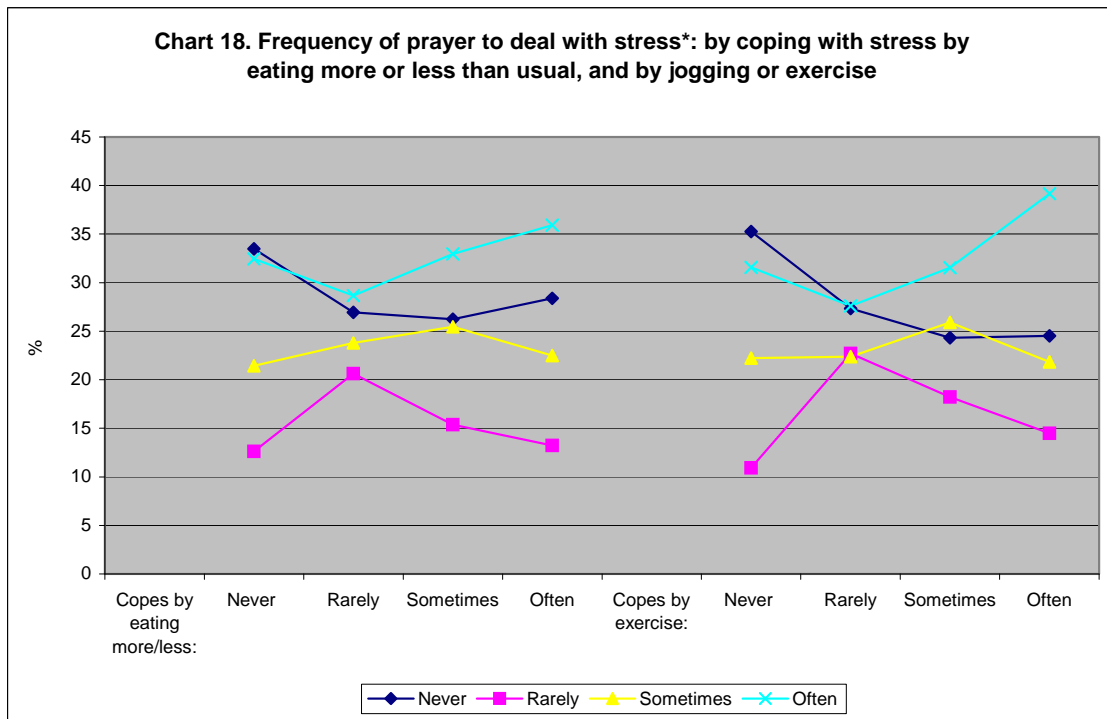
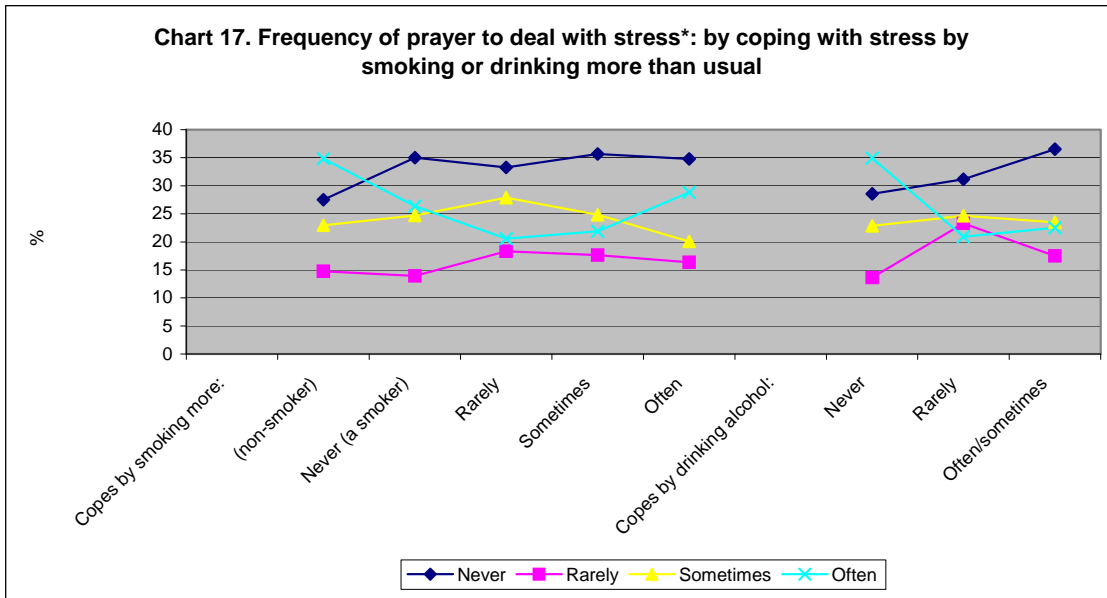
Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



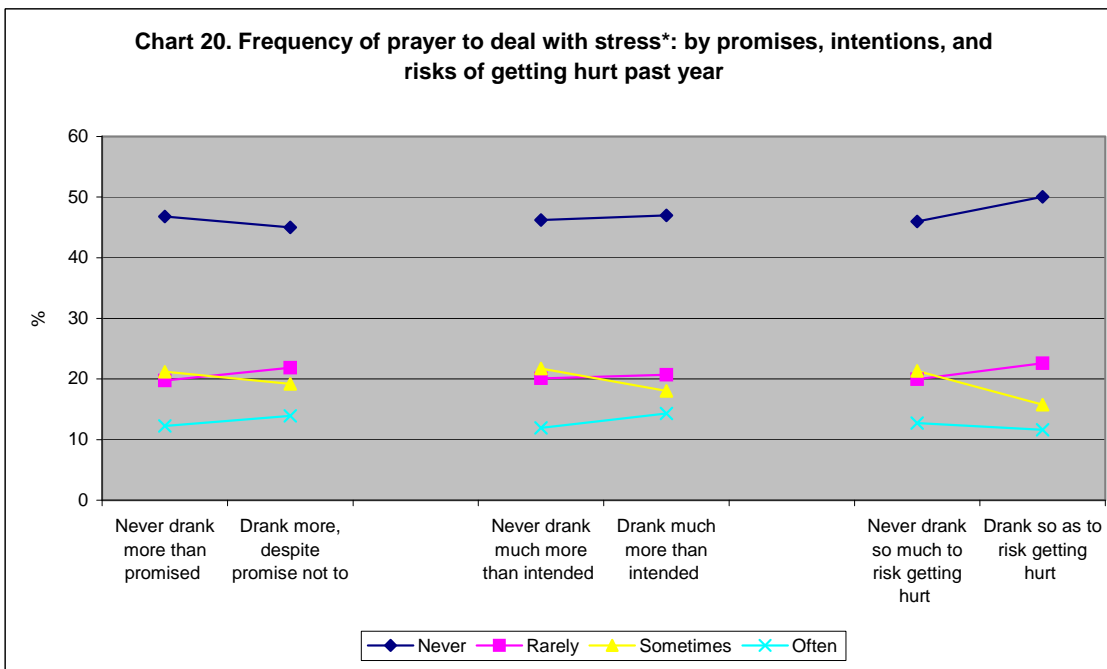
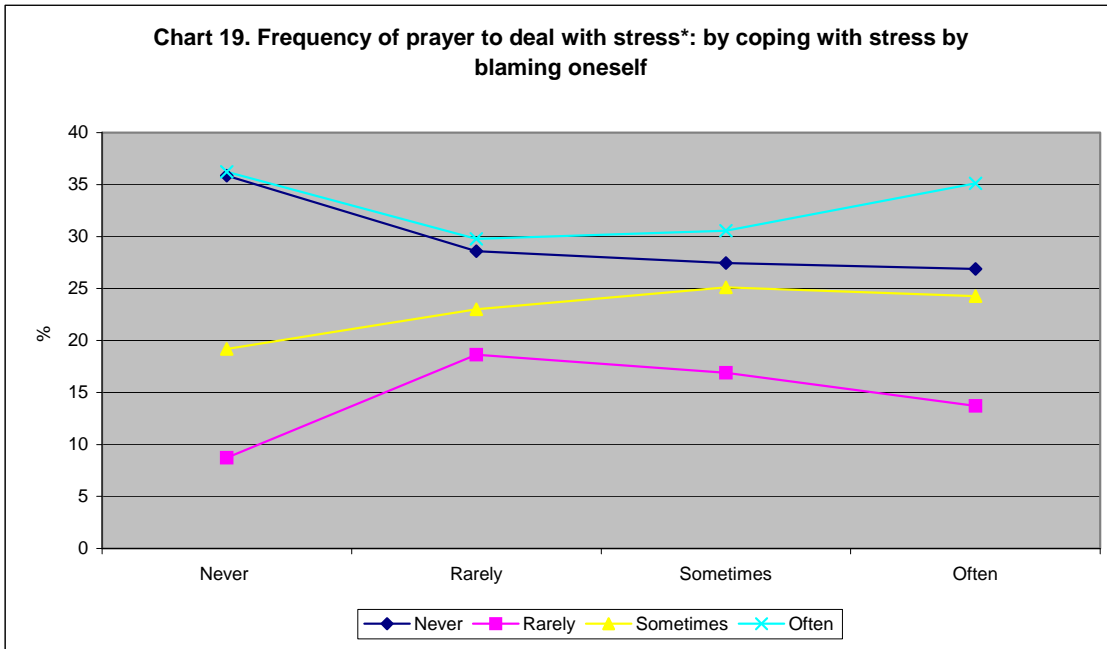
Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 21. Frequency of prayer to deal with stress*: by lifetime use of marijuana, and use of illicit drugs past year

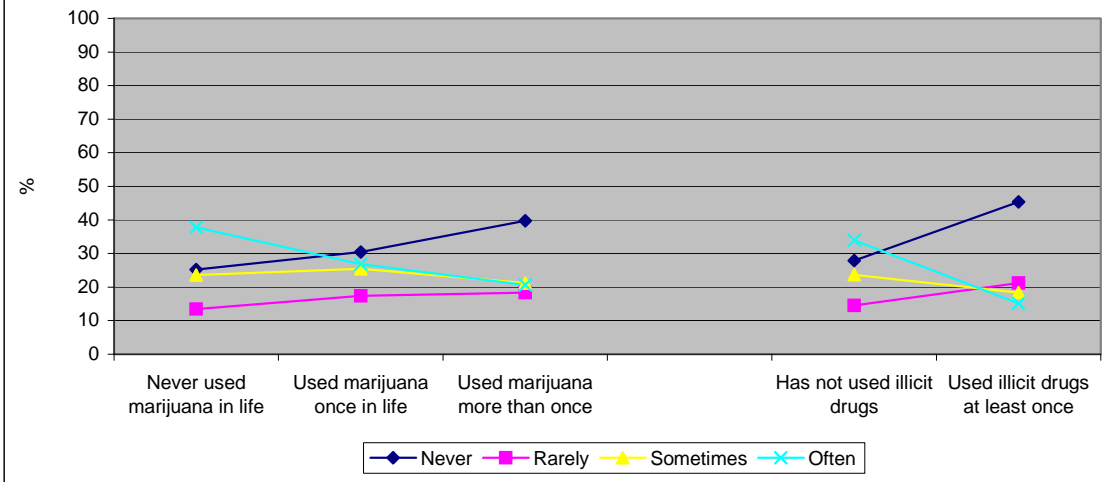
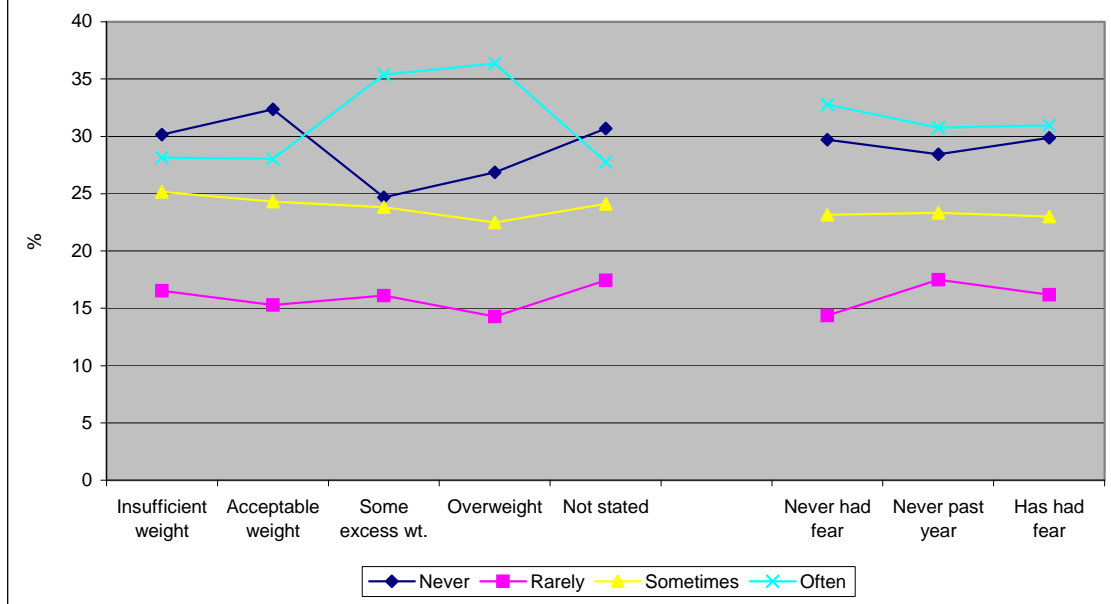


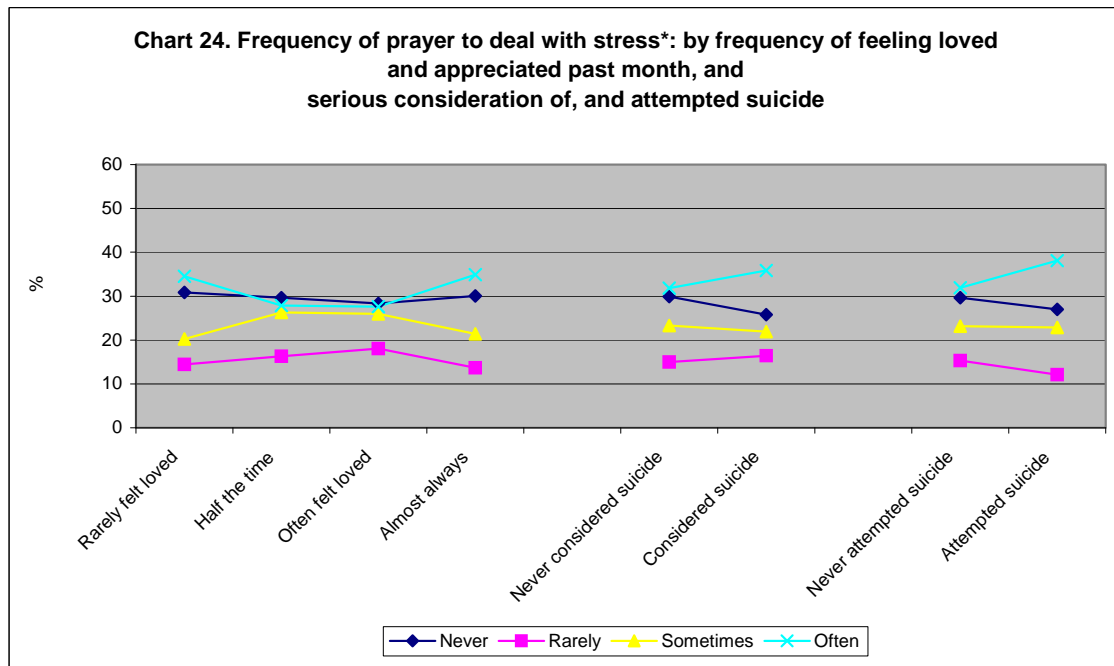
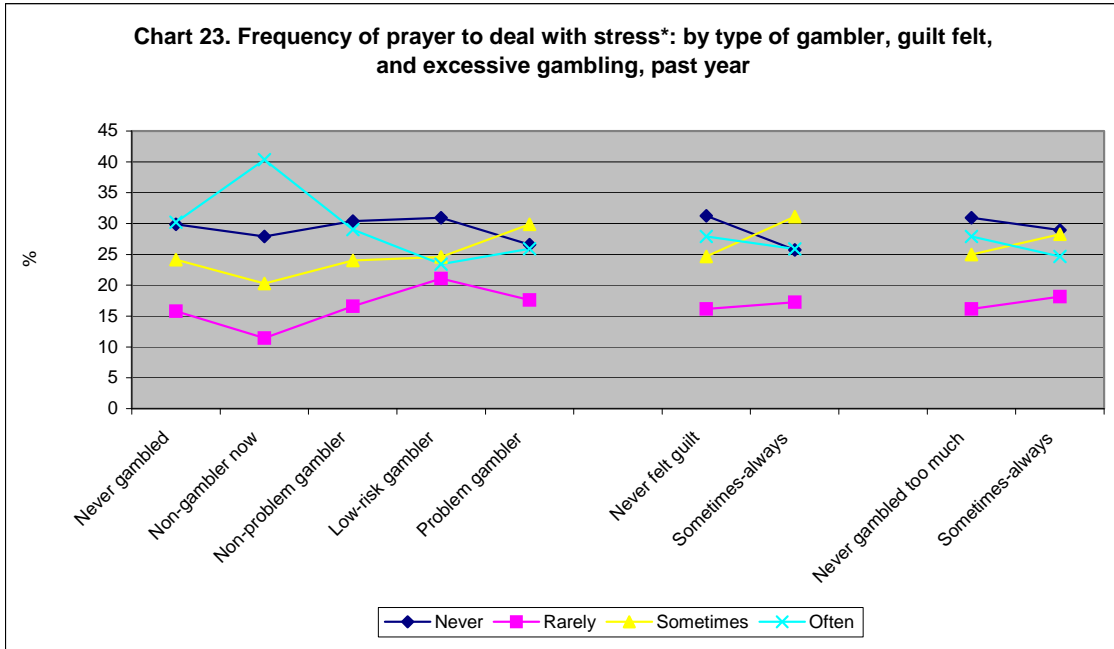
Chart 22. Frequency of prayer to deal with stress*: by body mass index (ages 20 to 64), and fear of being overweight past year



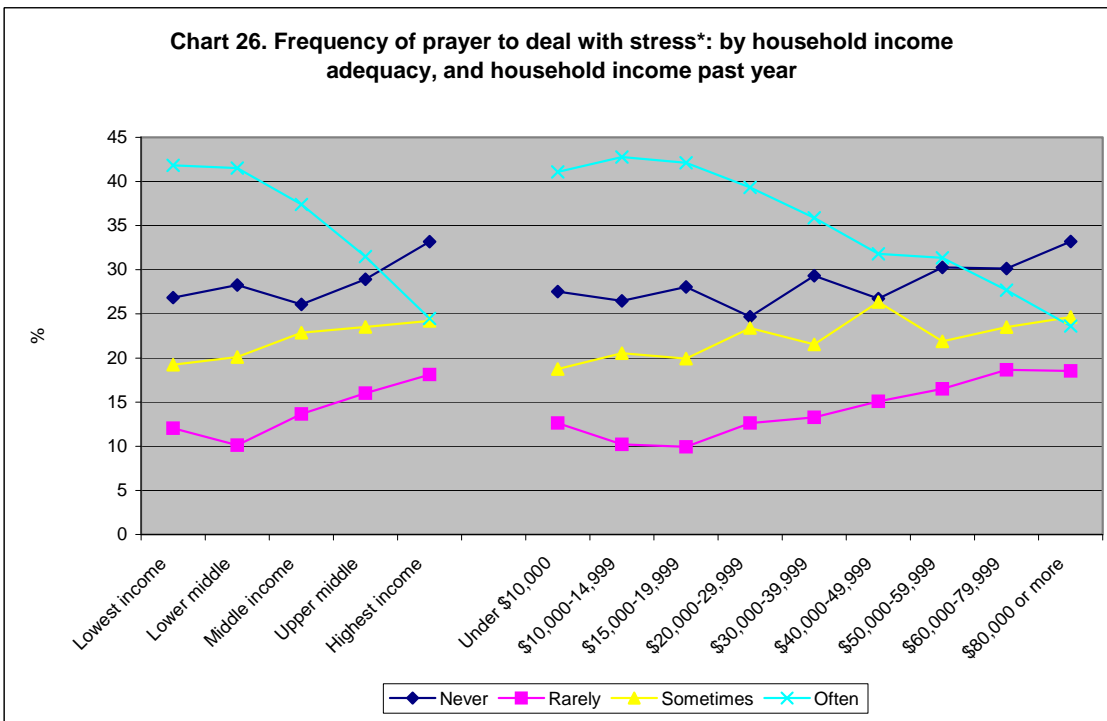
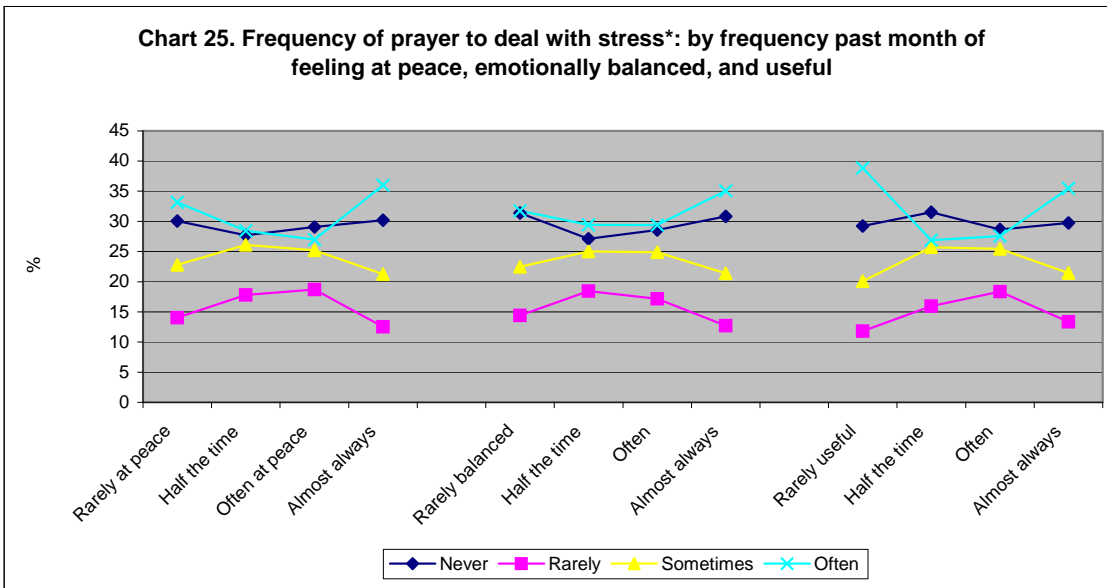
Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

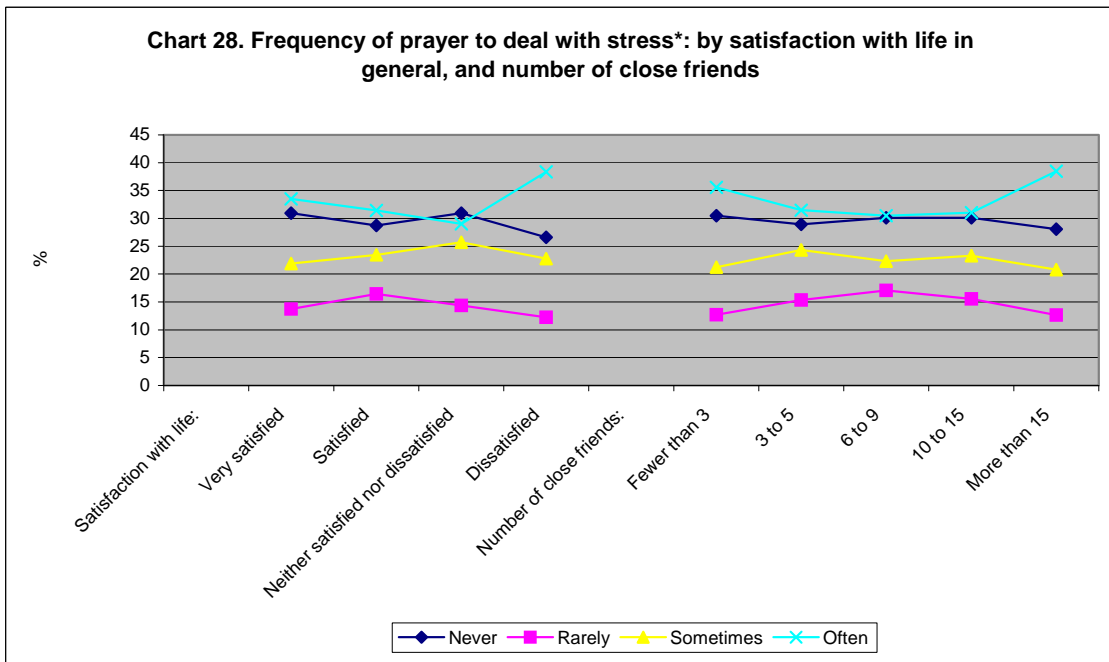
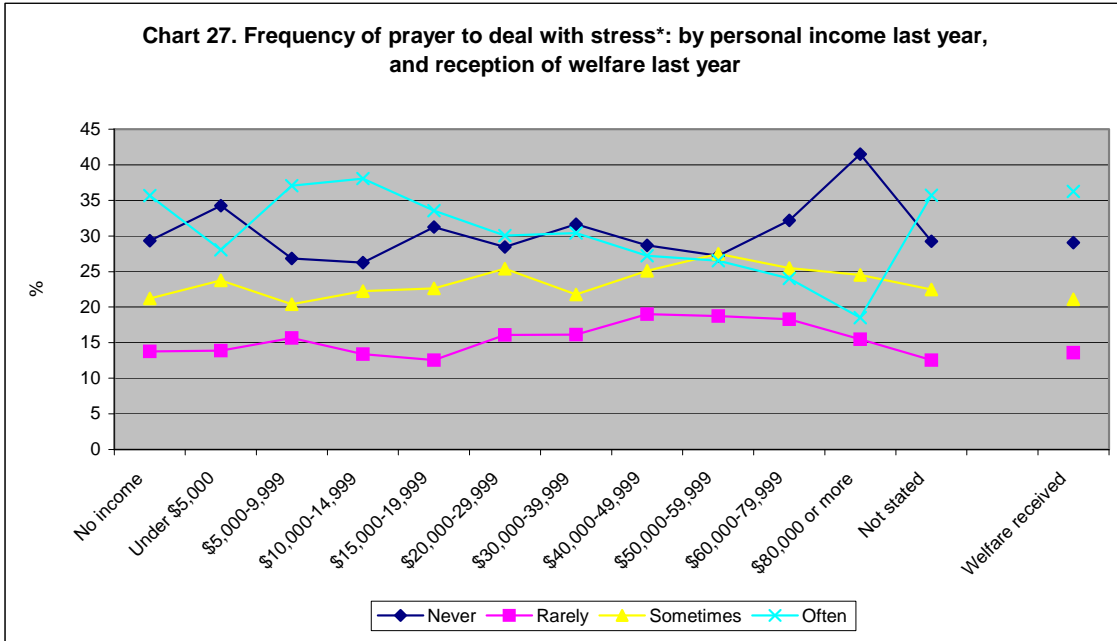
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



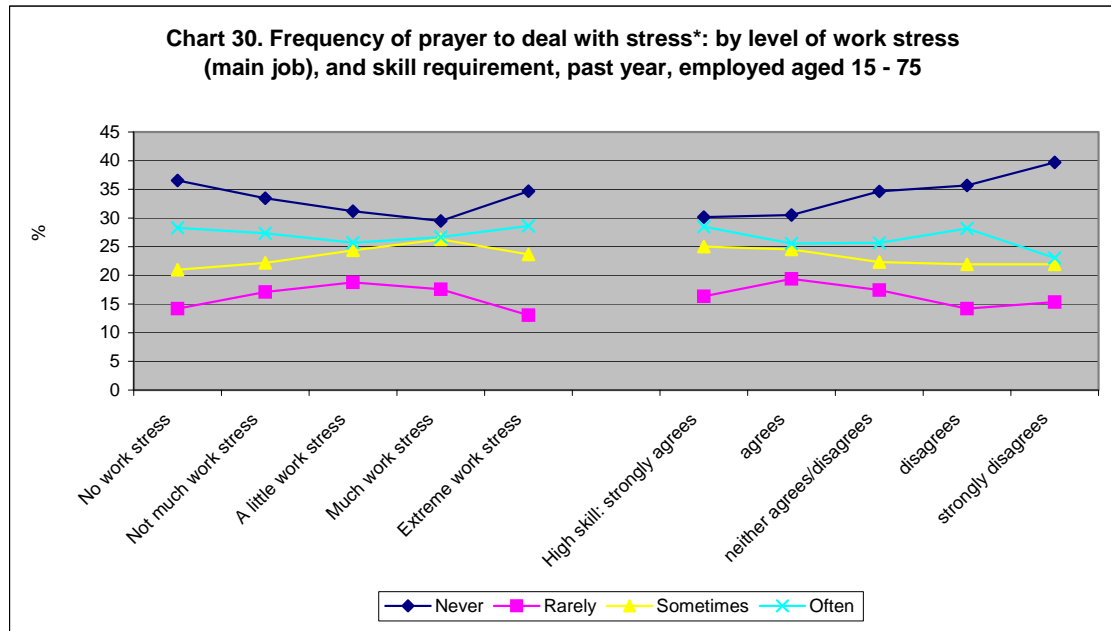
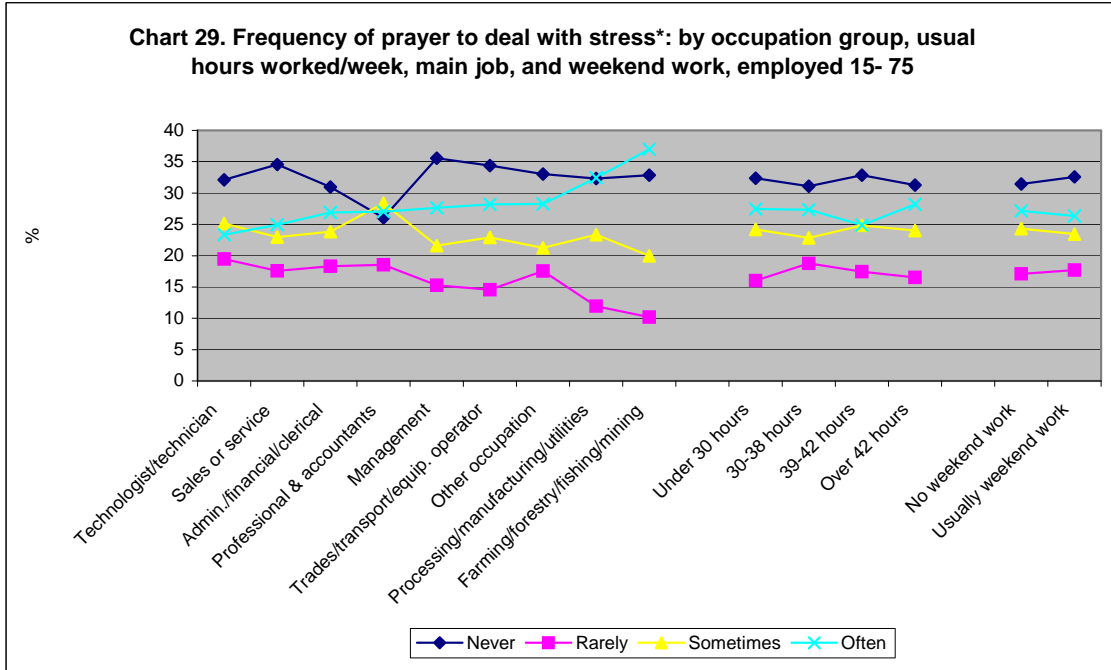
Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



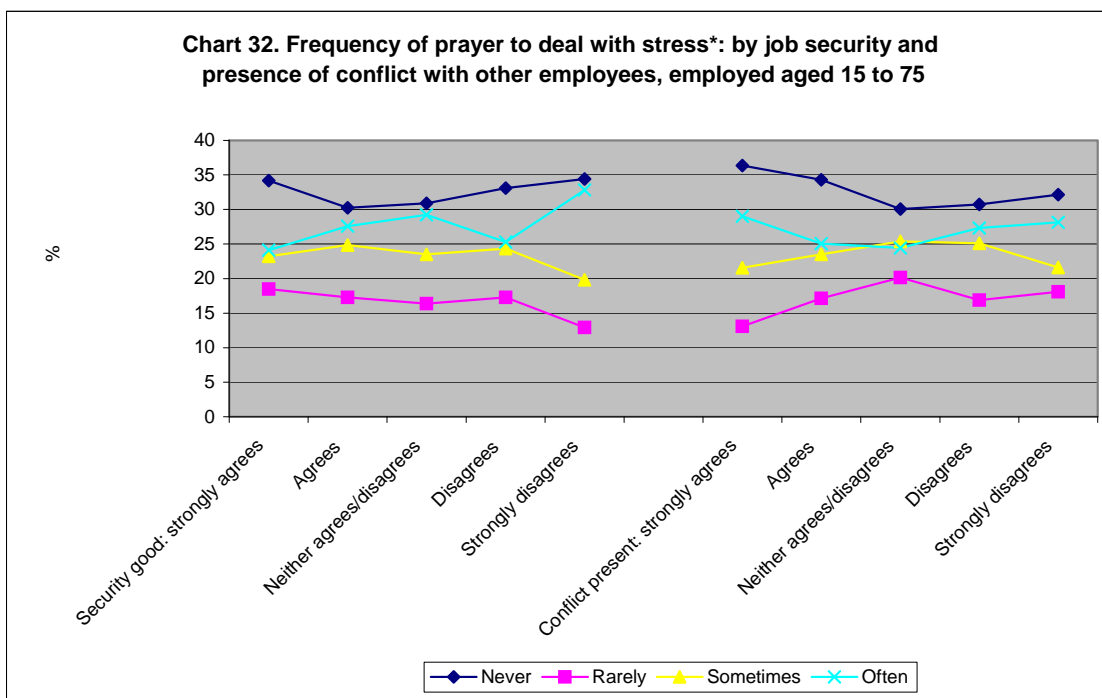
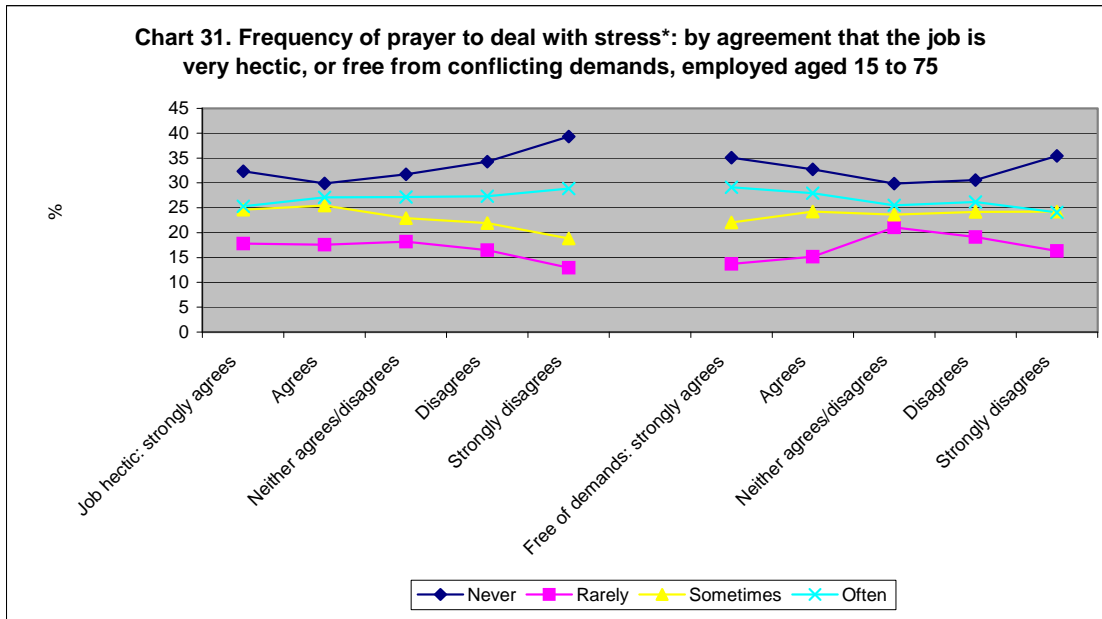
Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



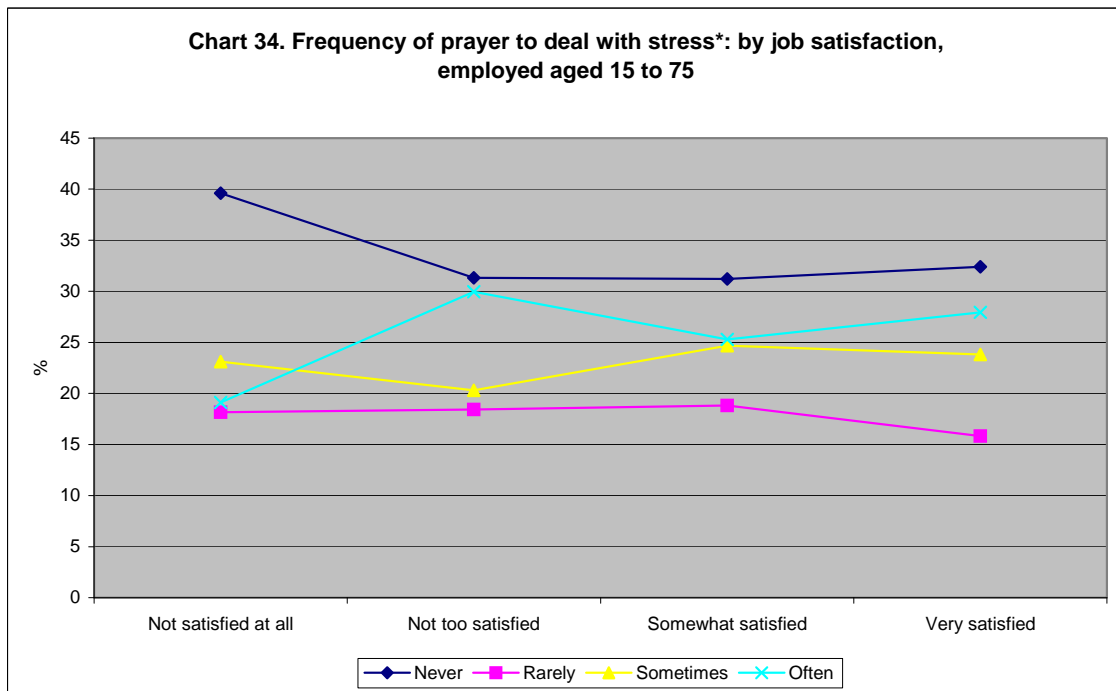
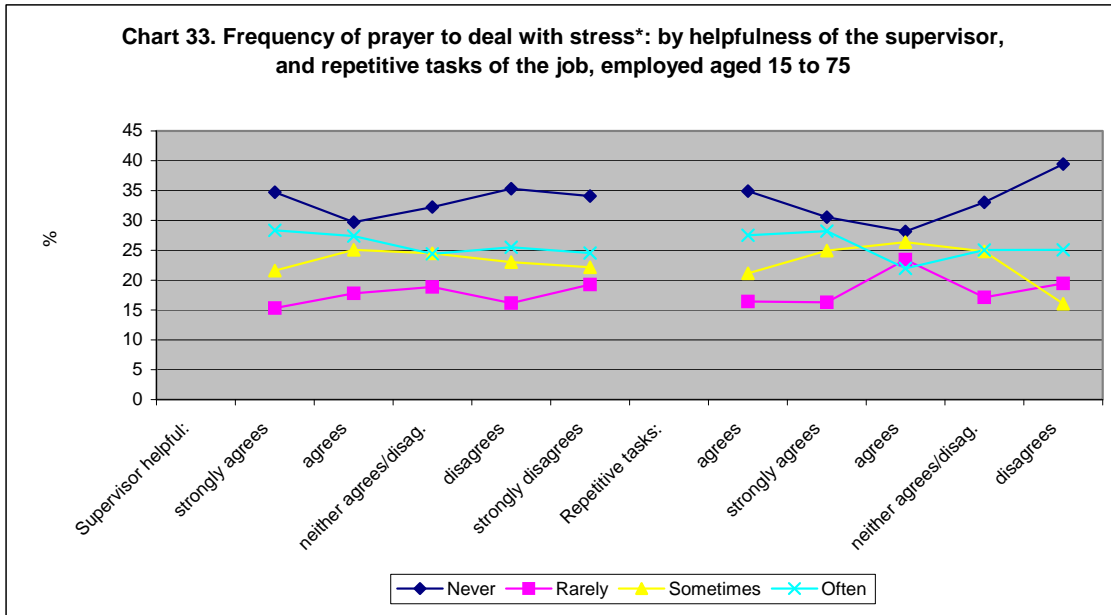
Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
 Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
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Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.
 * "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.
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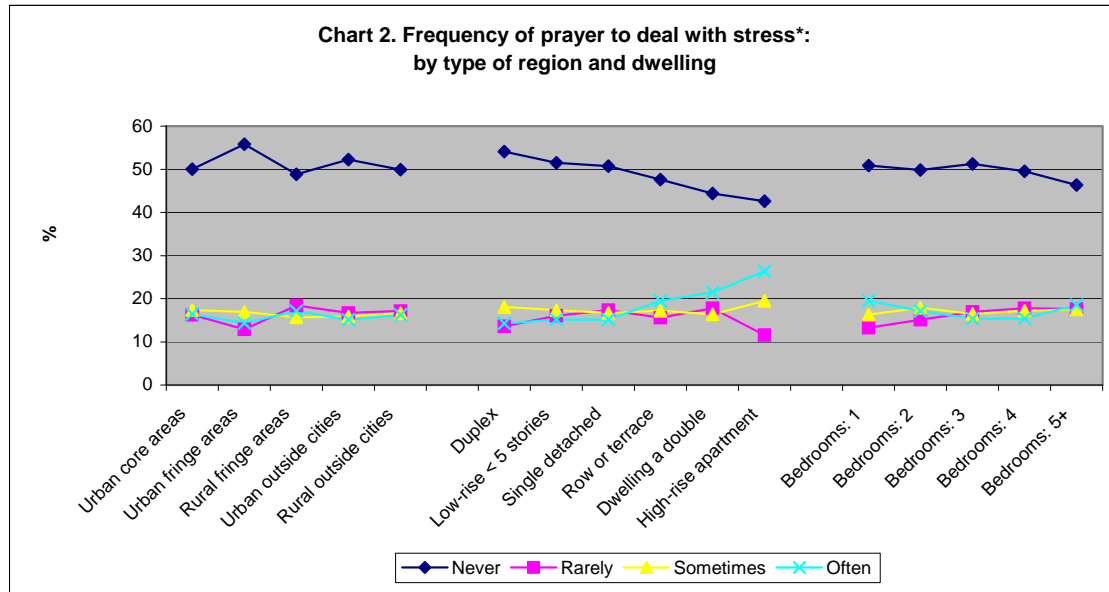
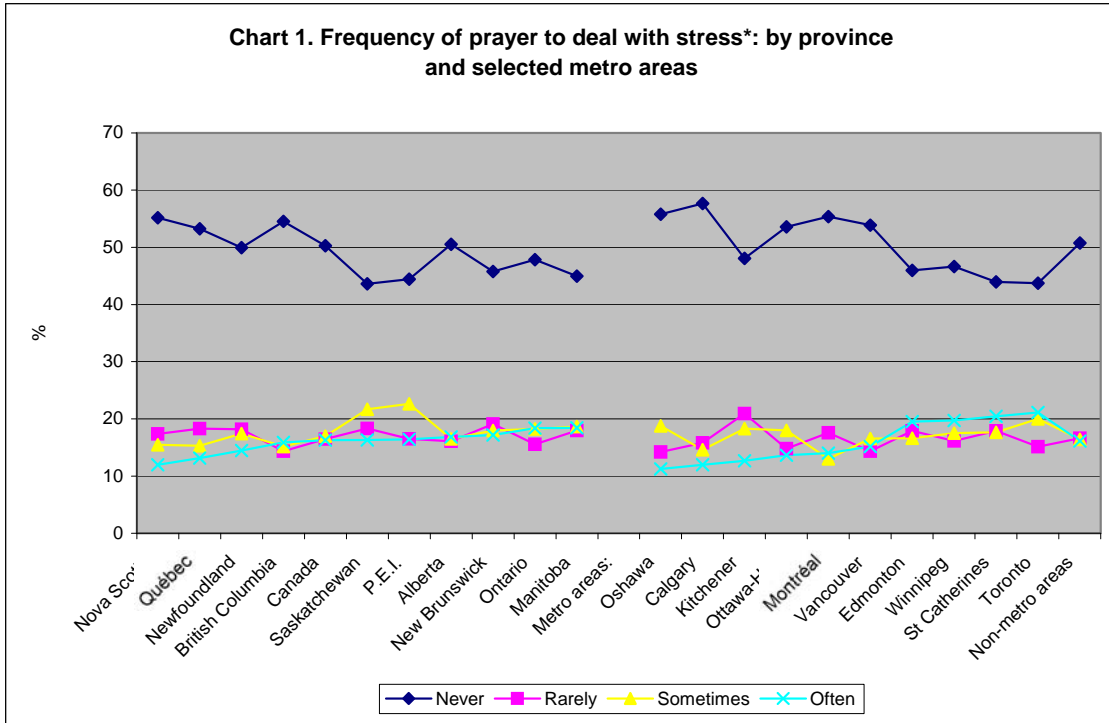


Women, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

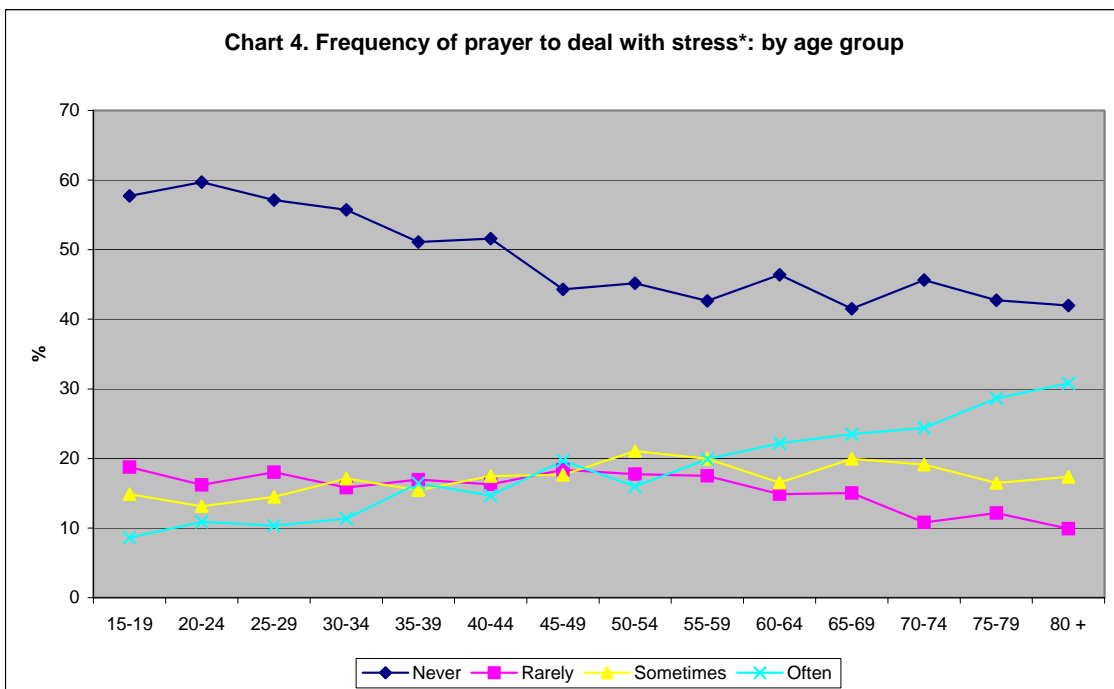
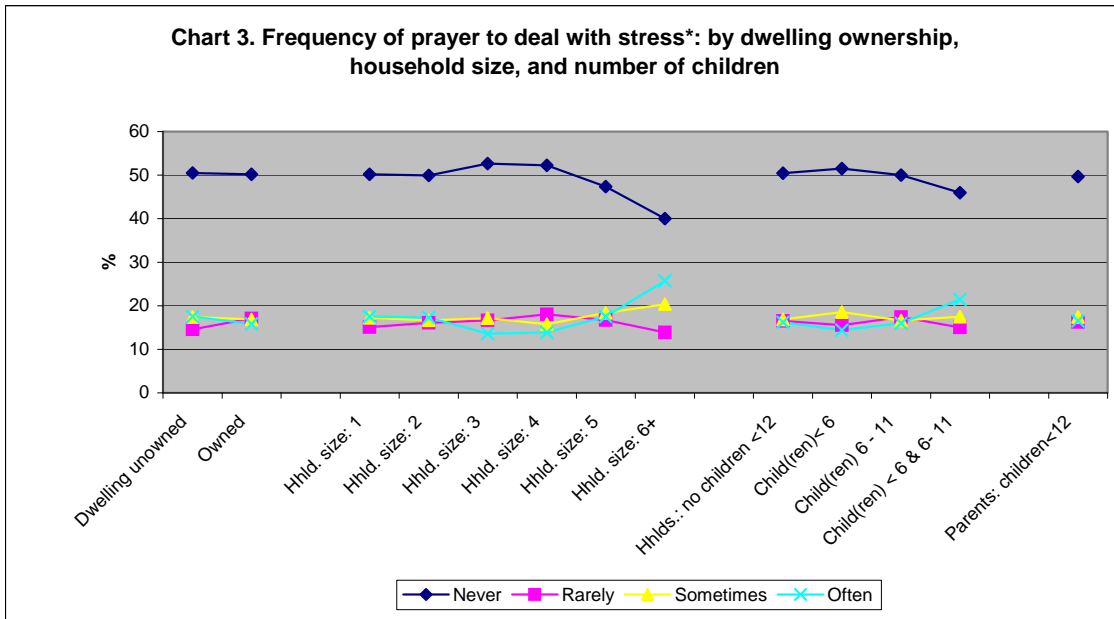
**Chapter 3. Charts portraying the percentage of men
by frequency of coping with stress by prayer**



Men, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

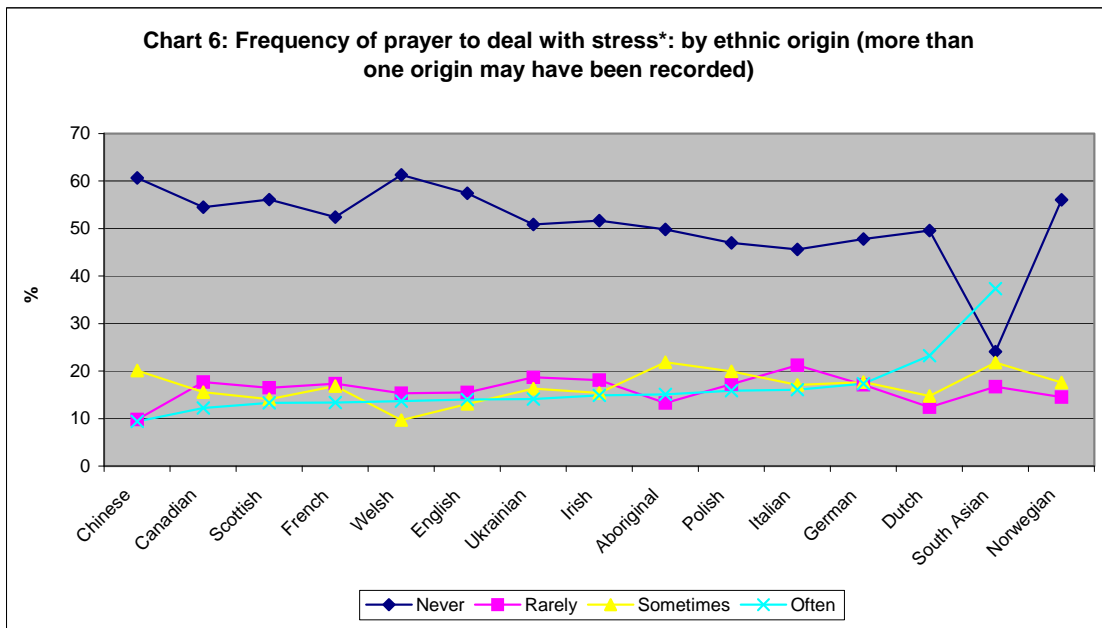
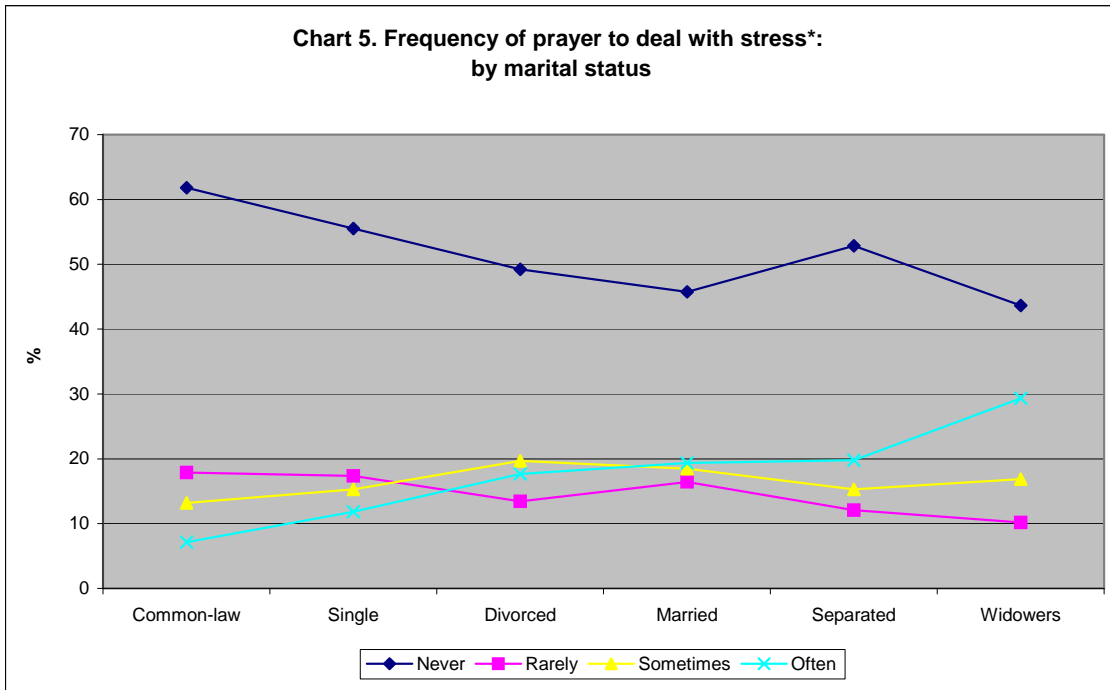
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Men, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

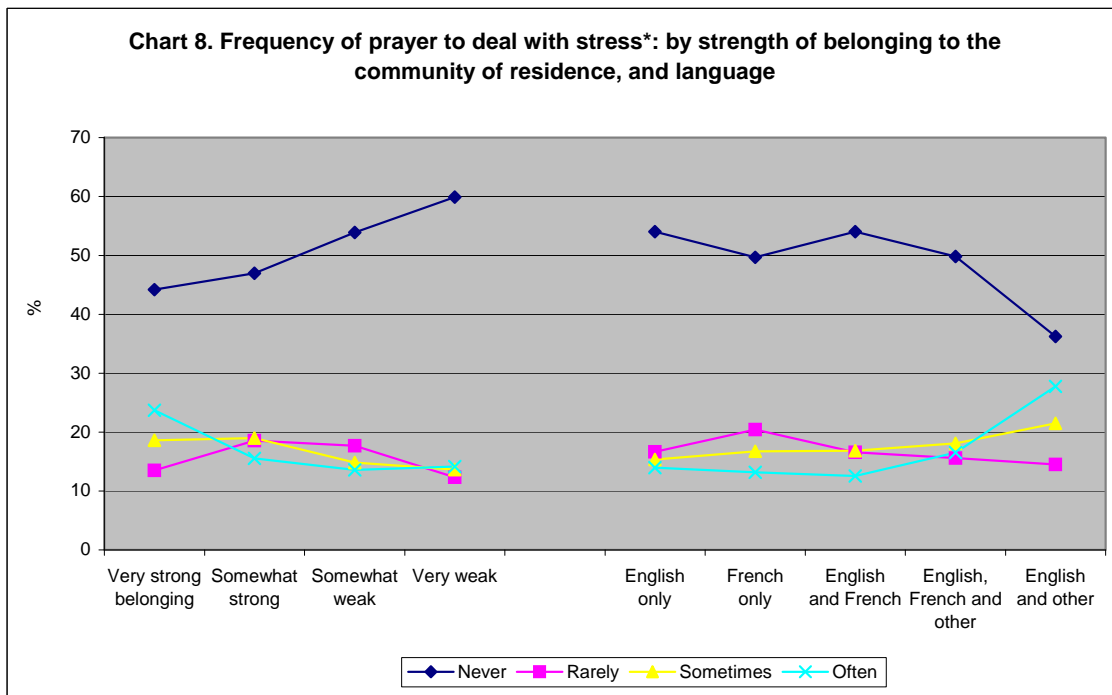
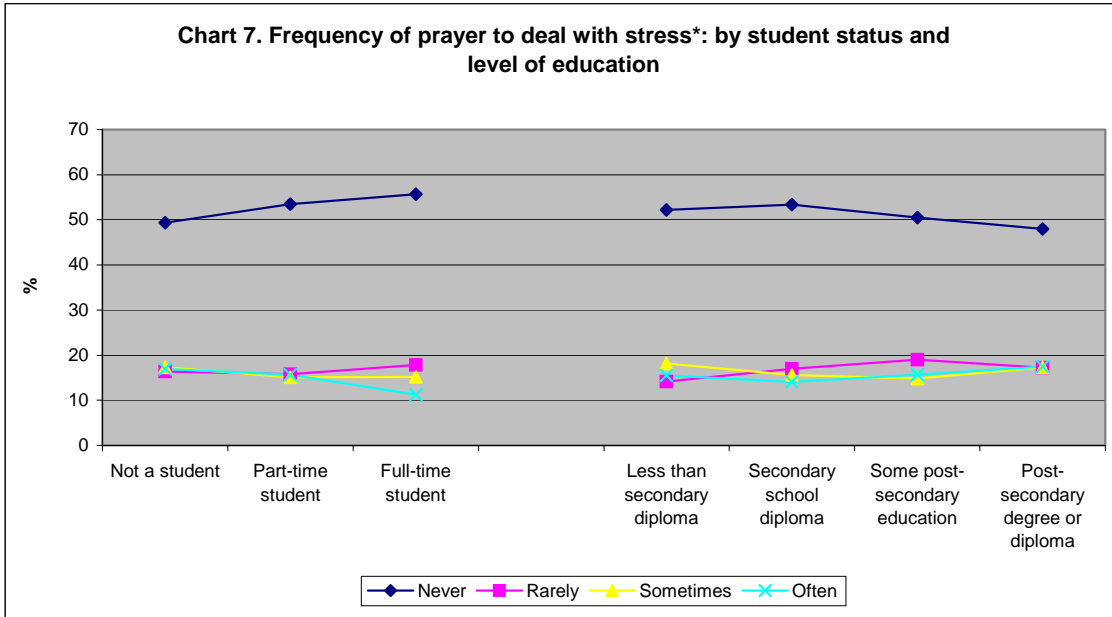
Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



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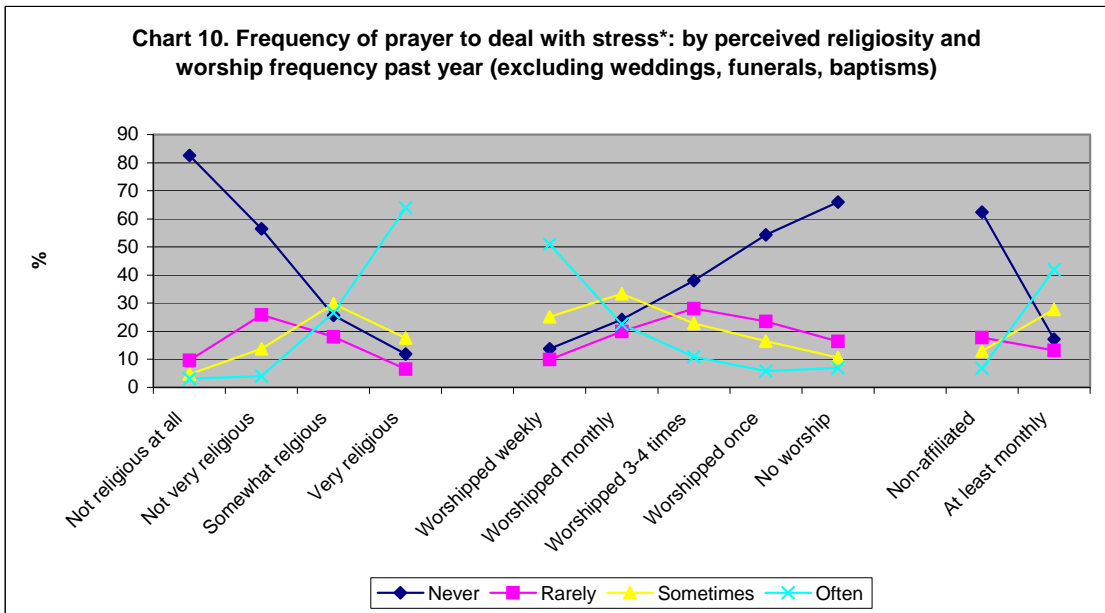
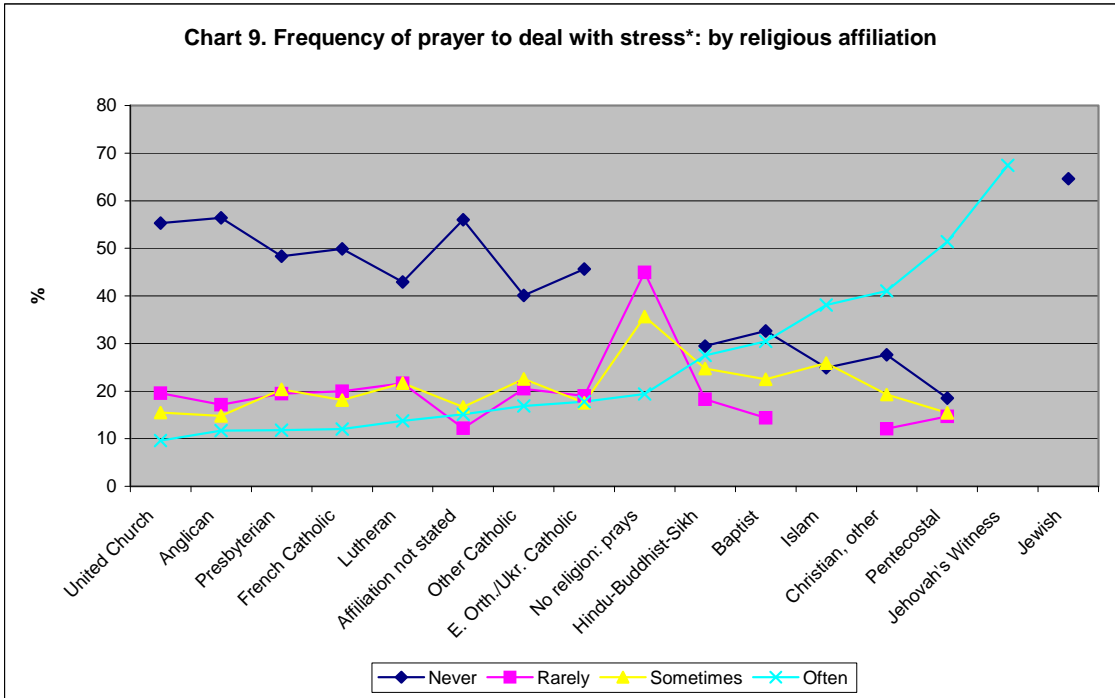
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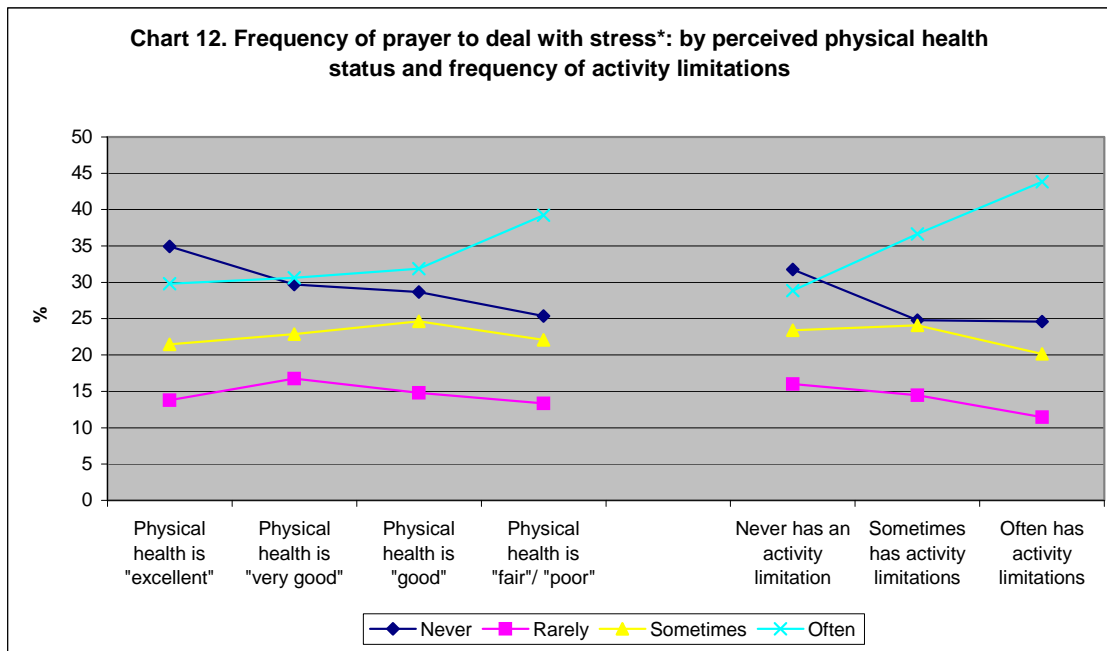
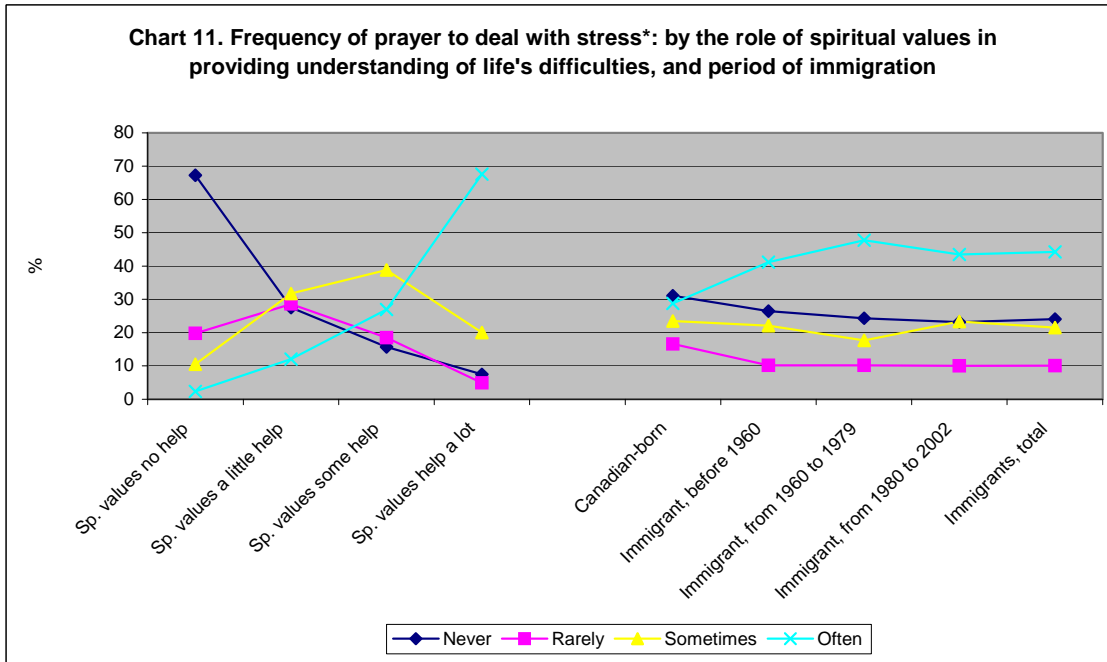
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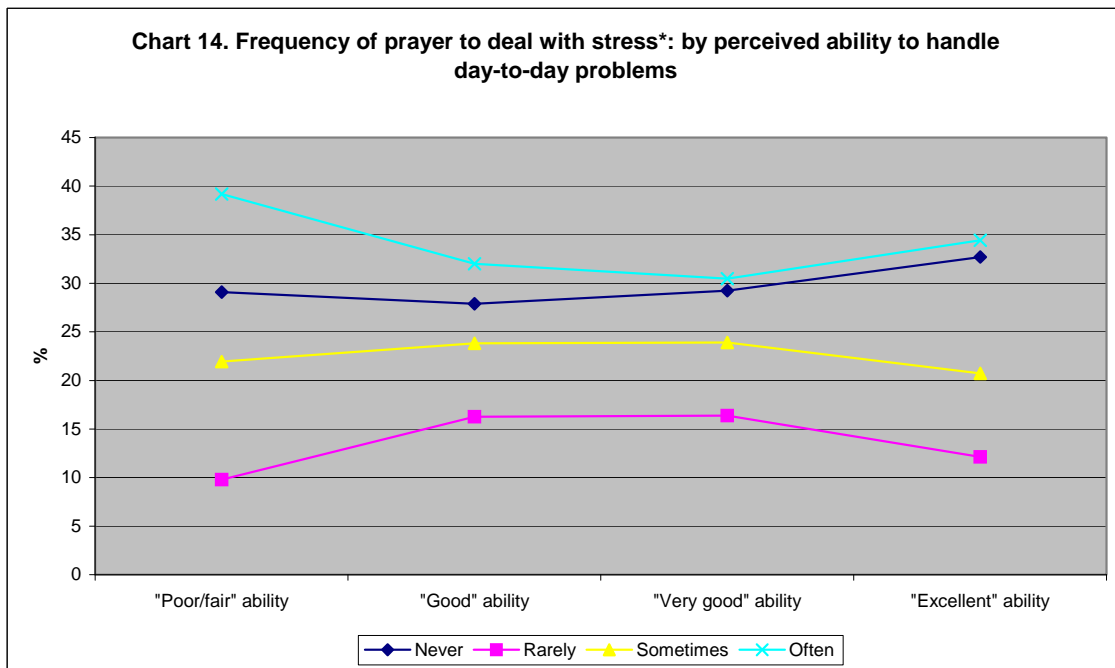
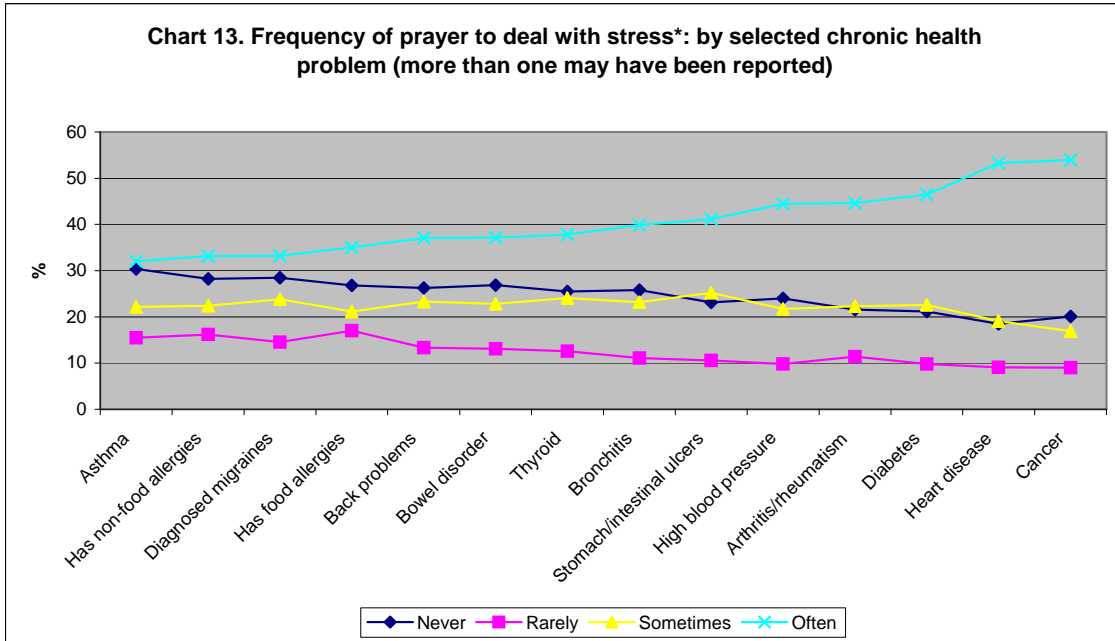
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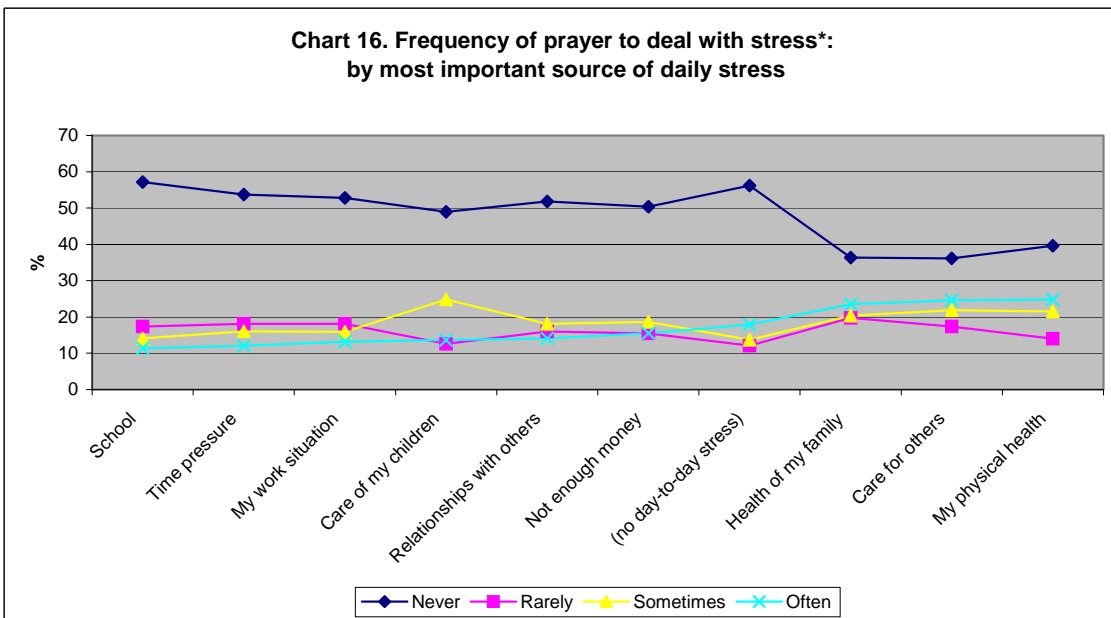
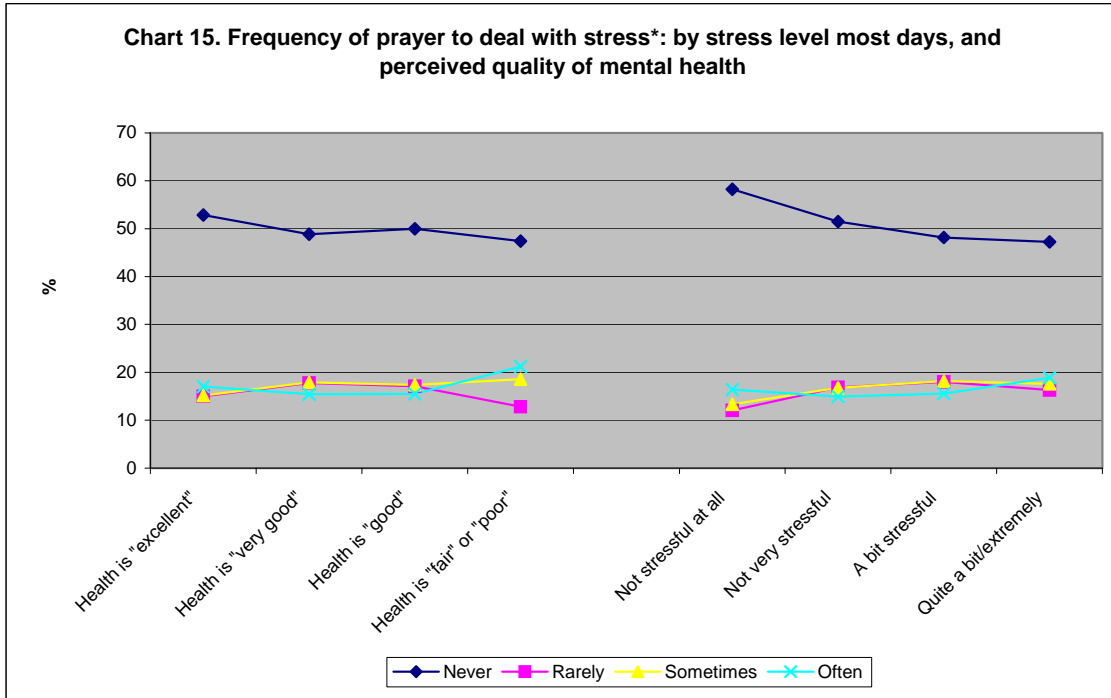
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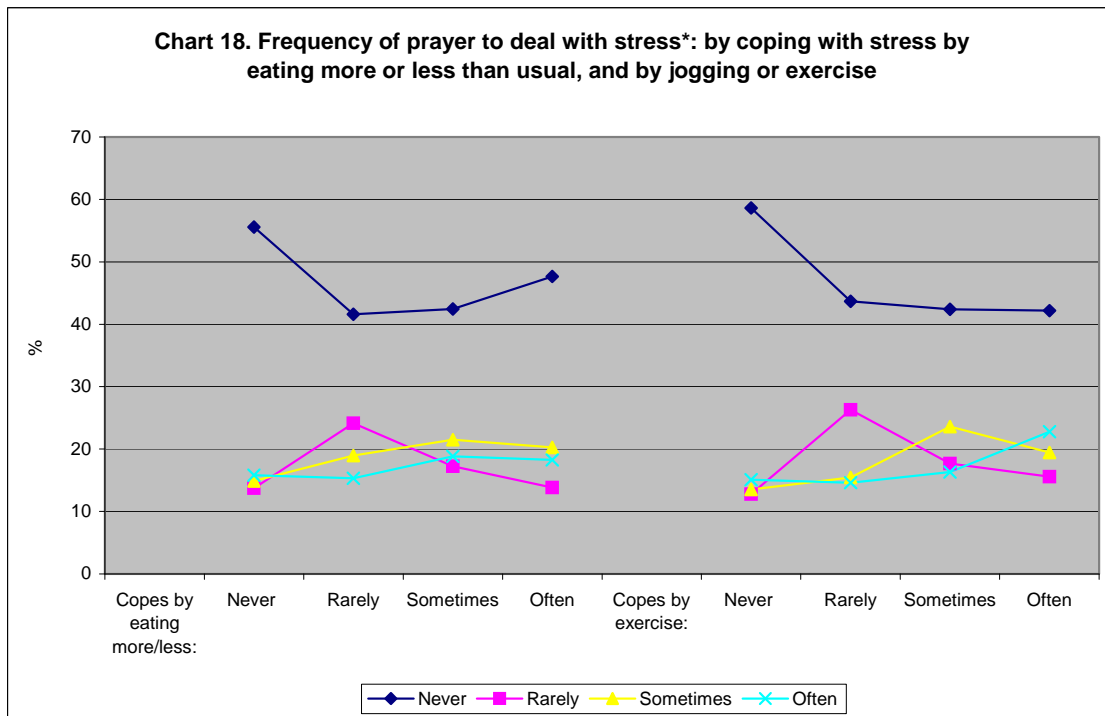
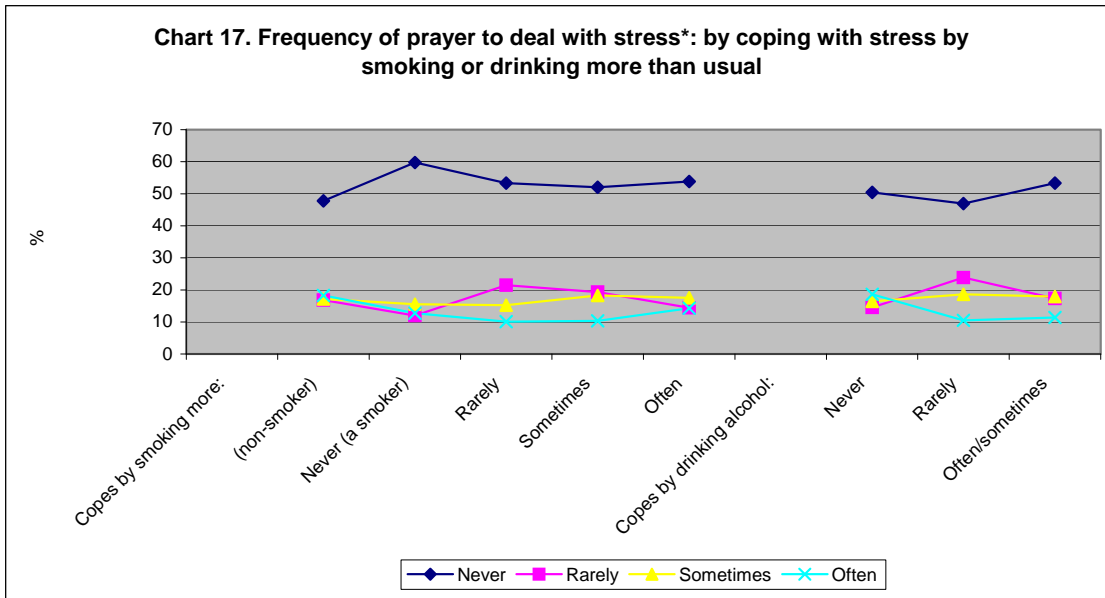
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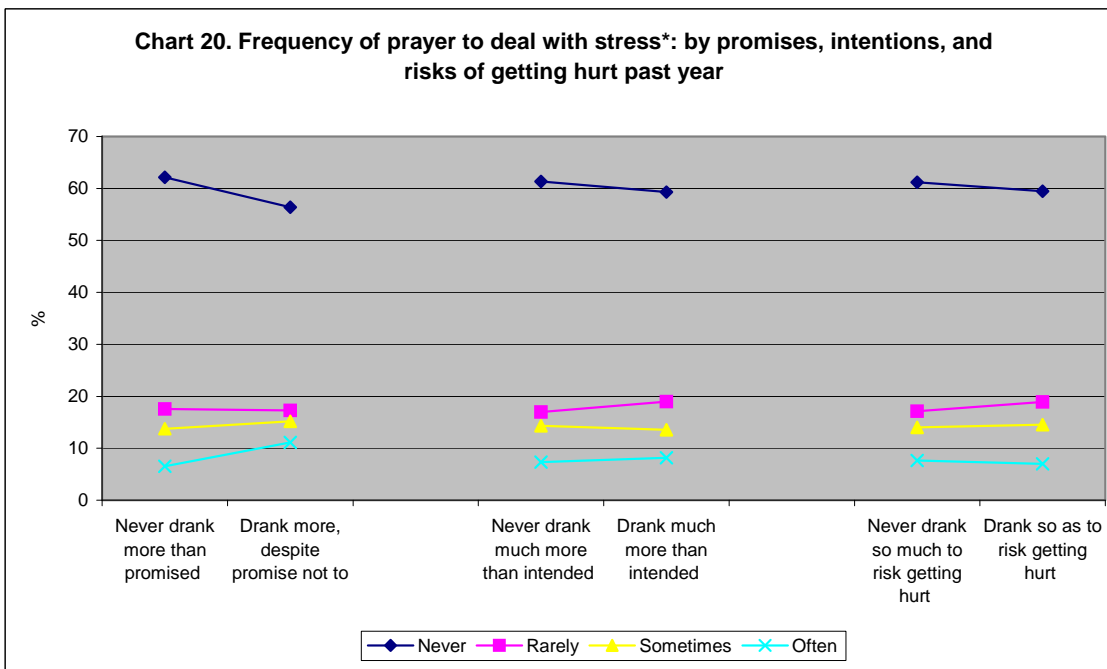
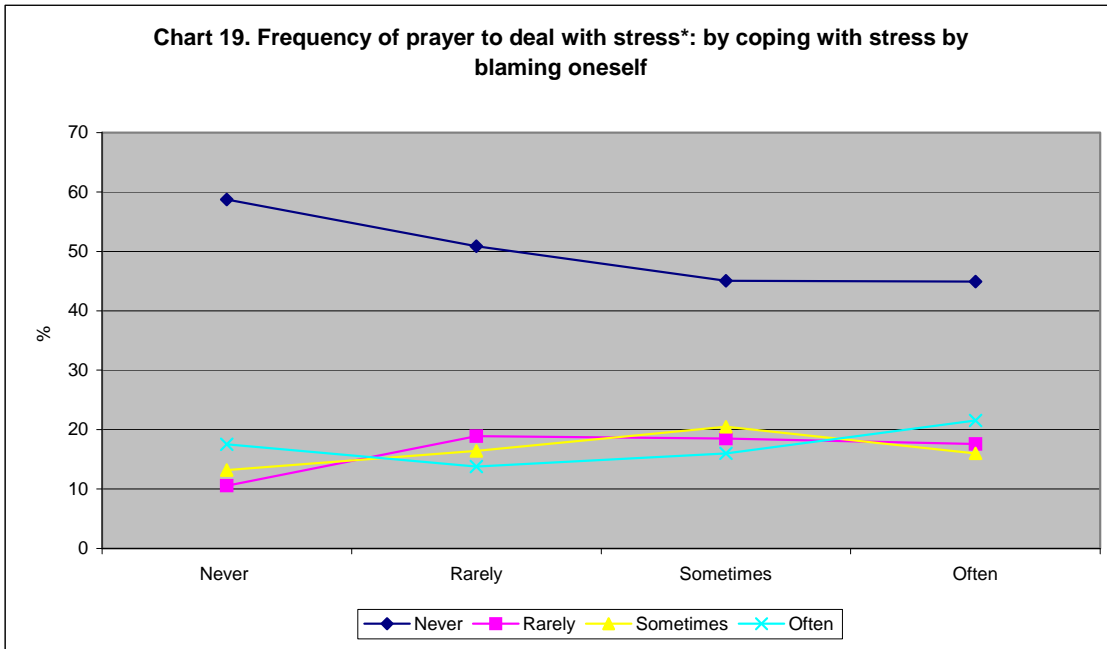
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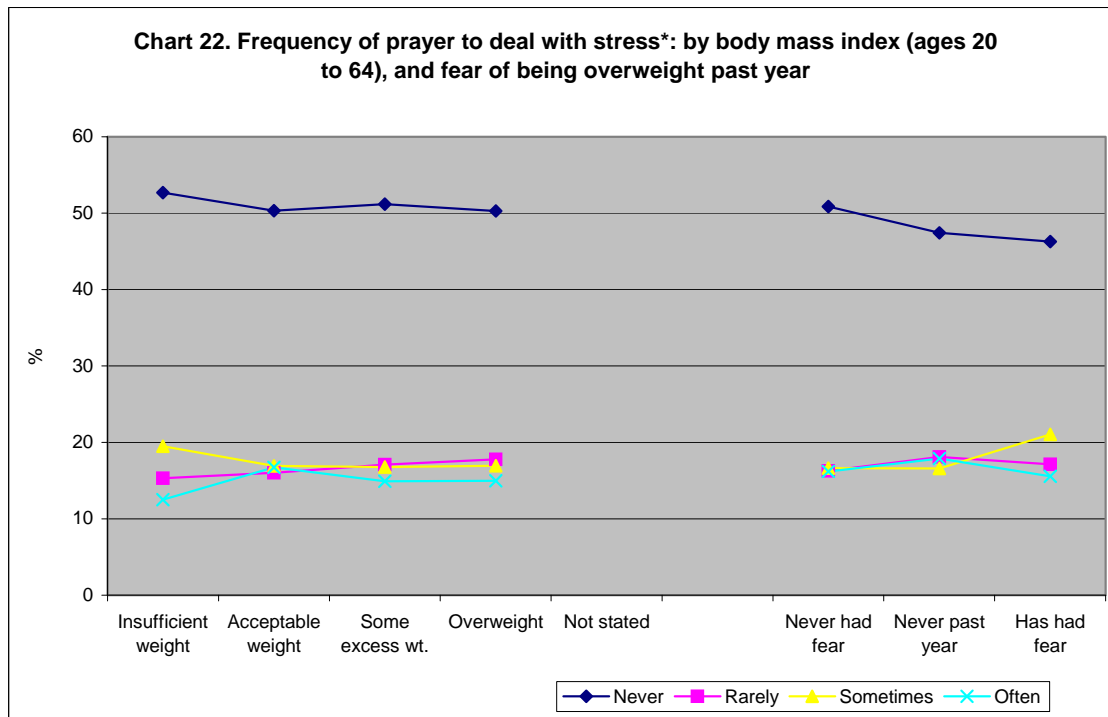
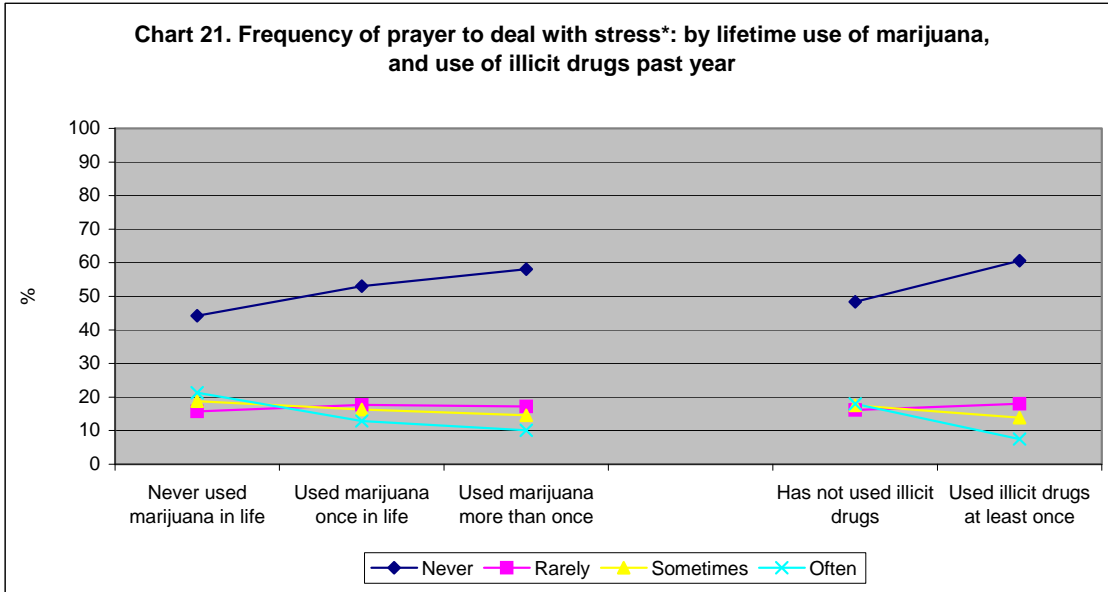
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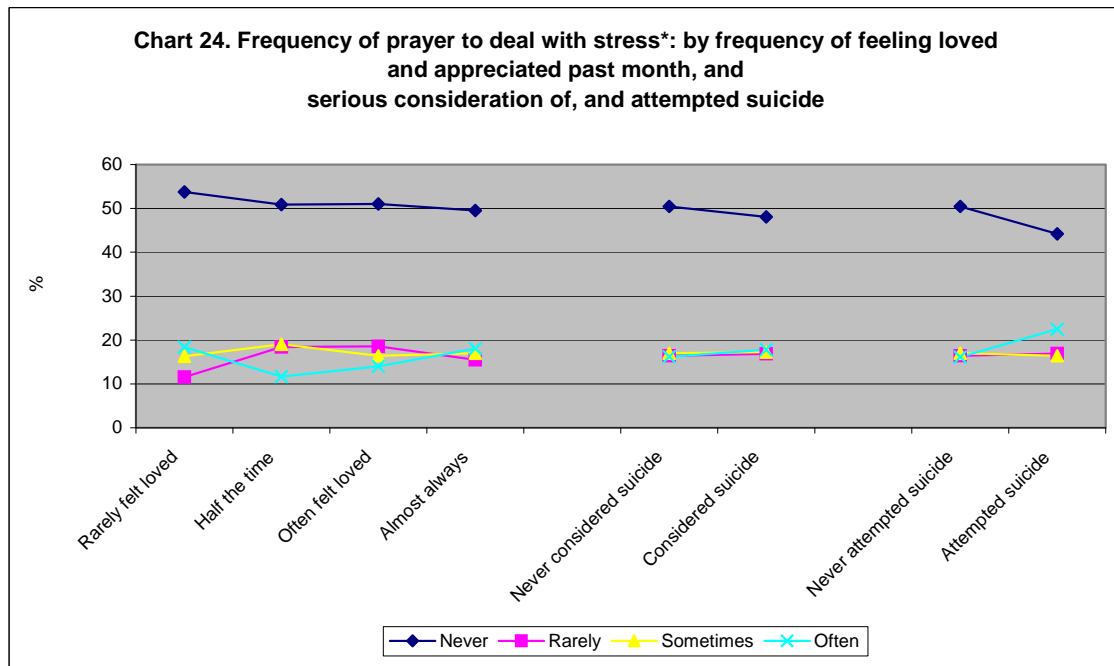
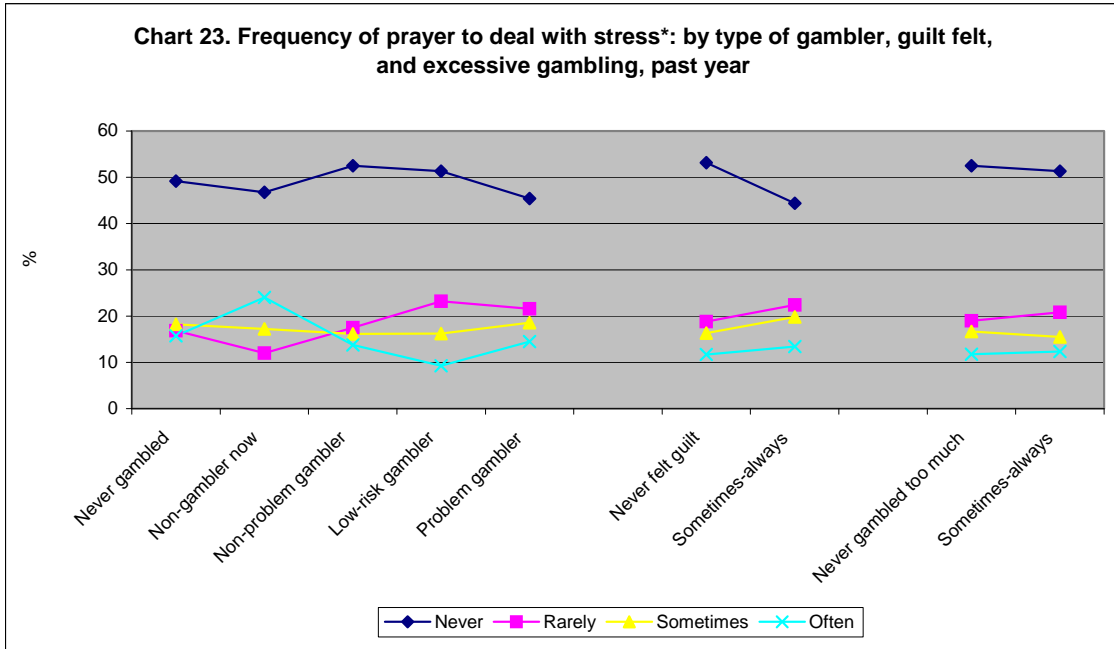
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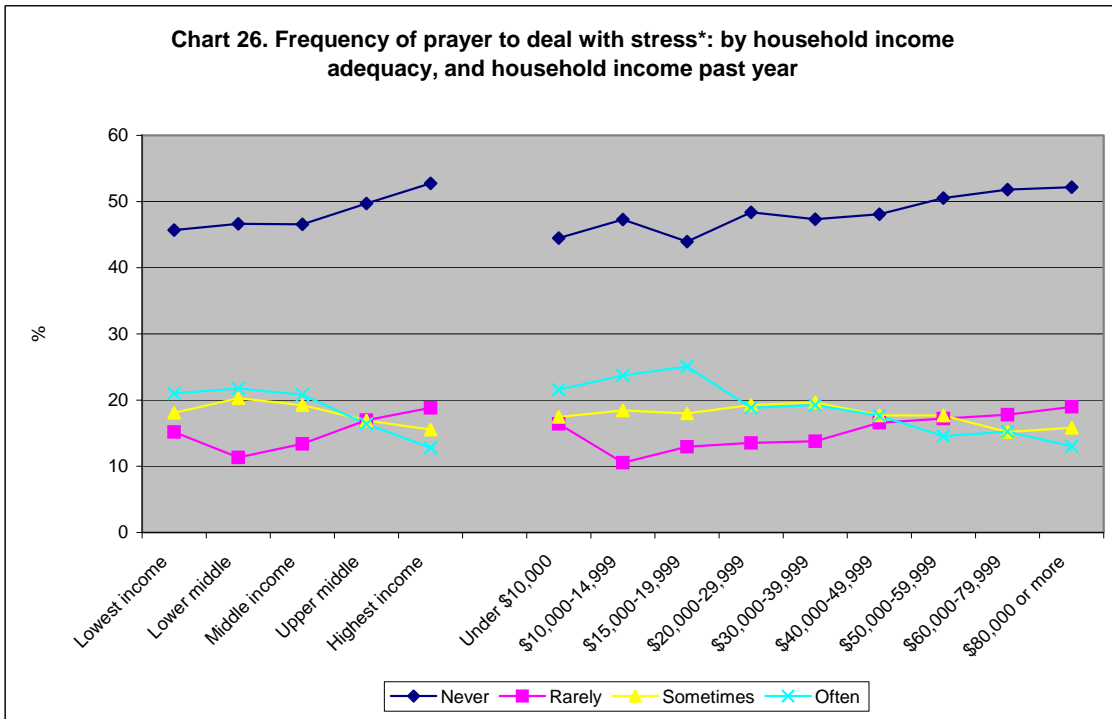
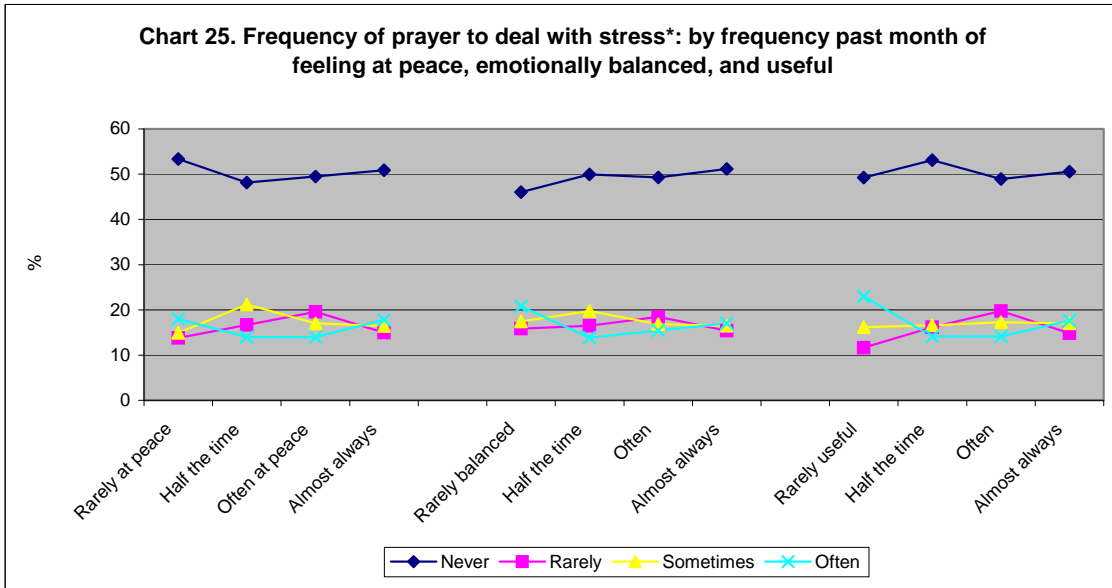
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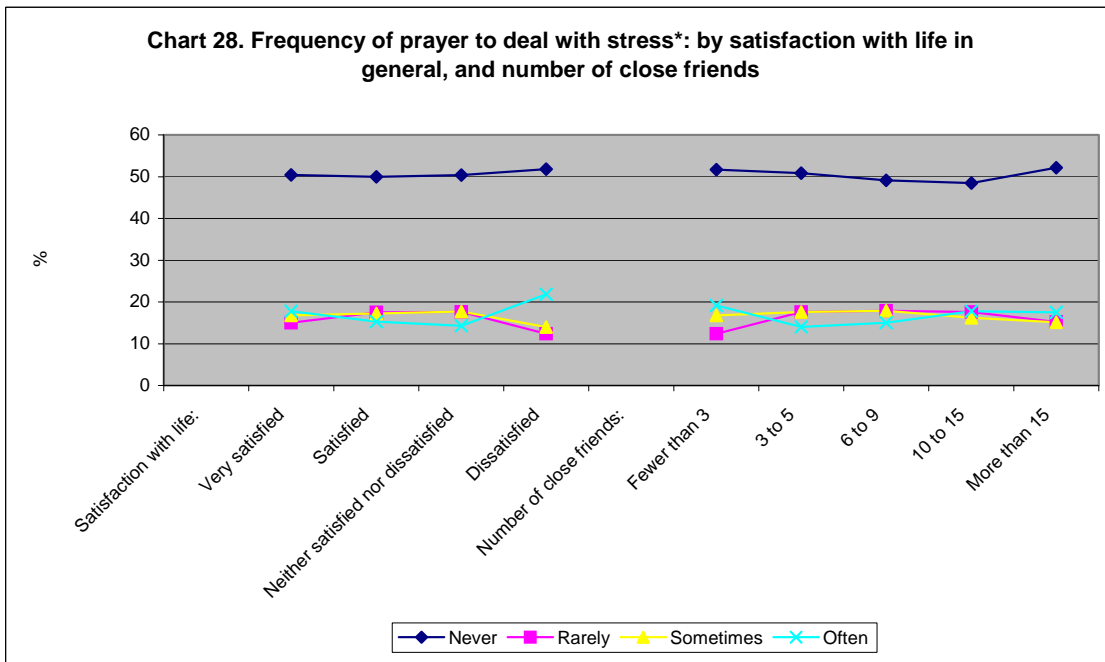
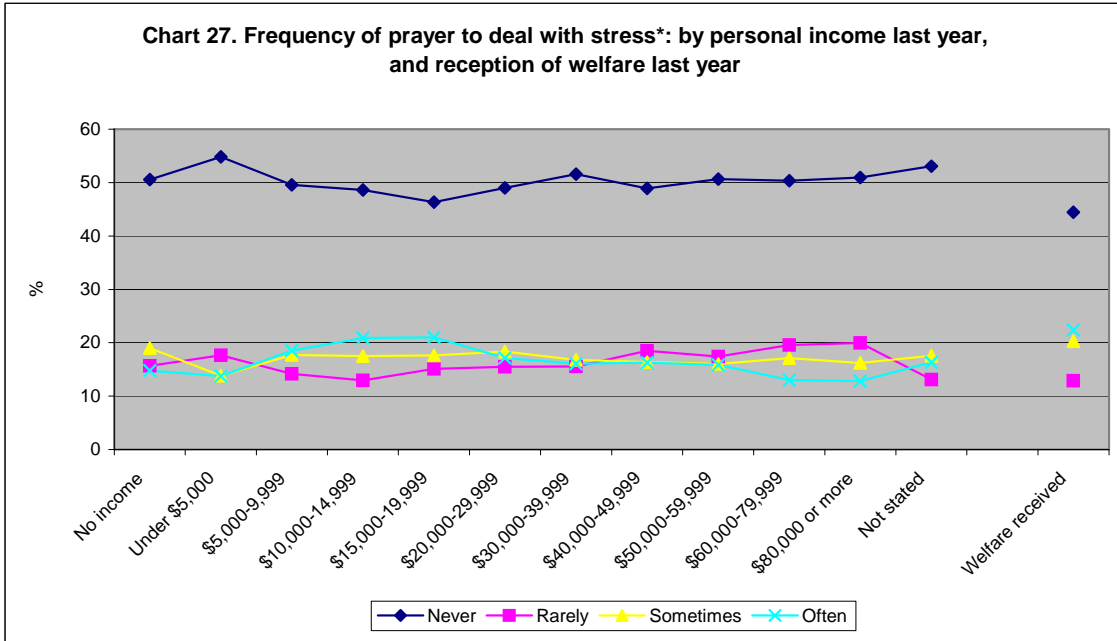
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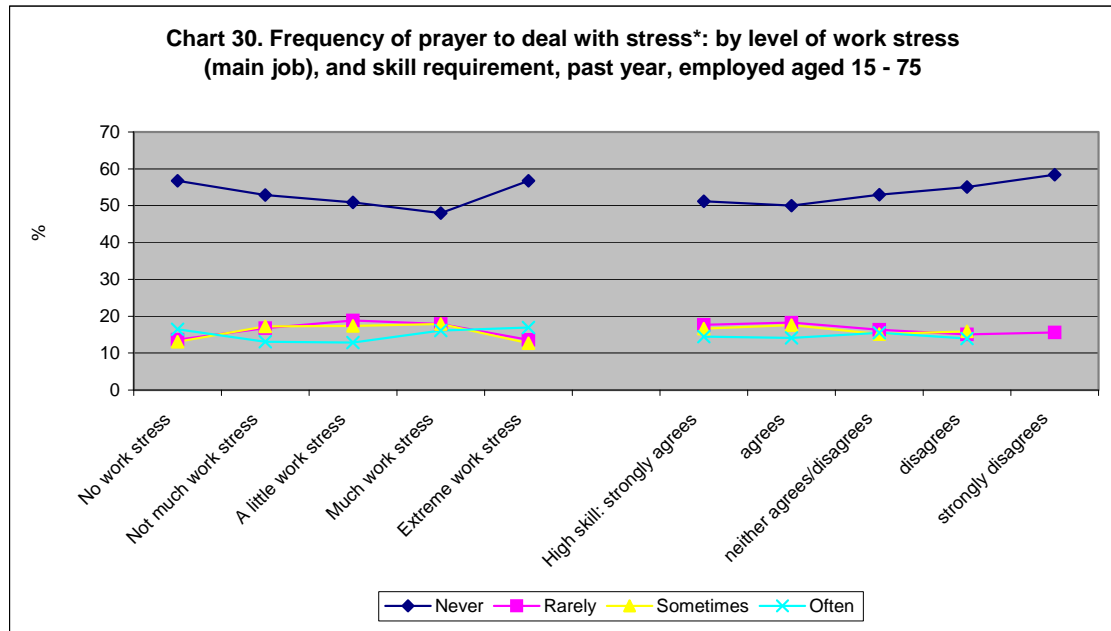
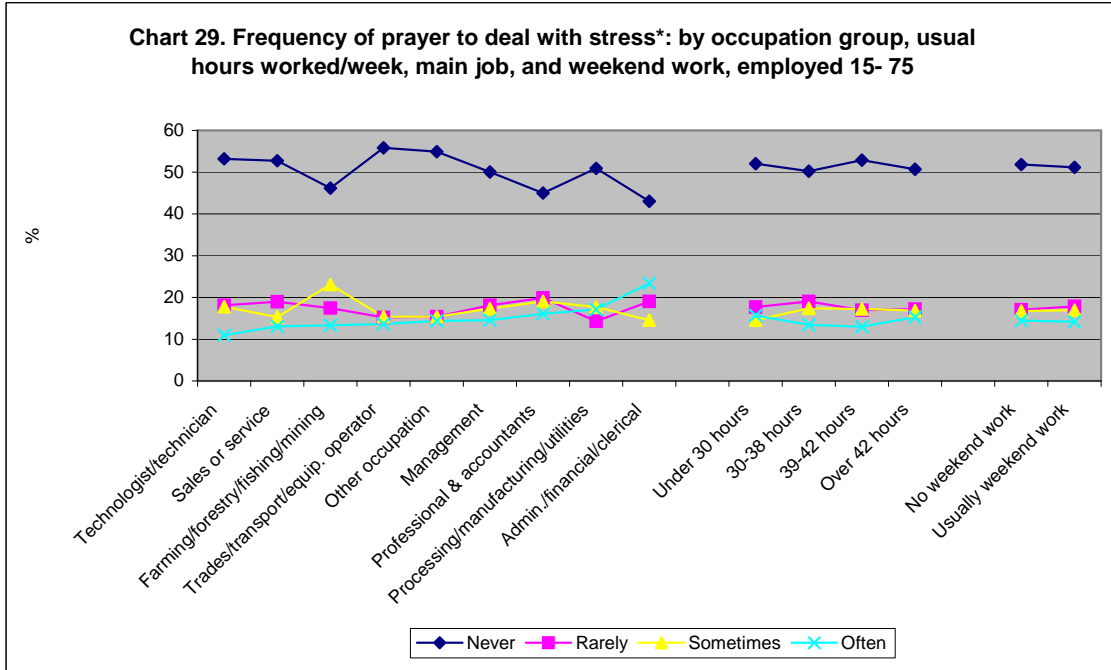
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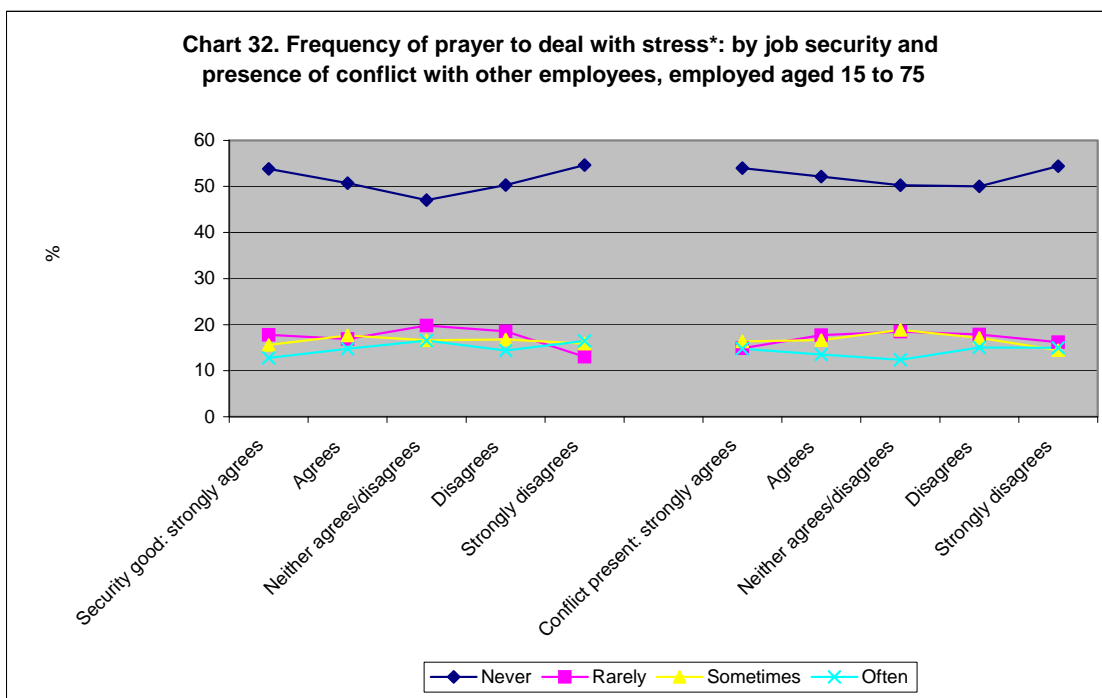
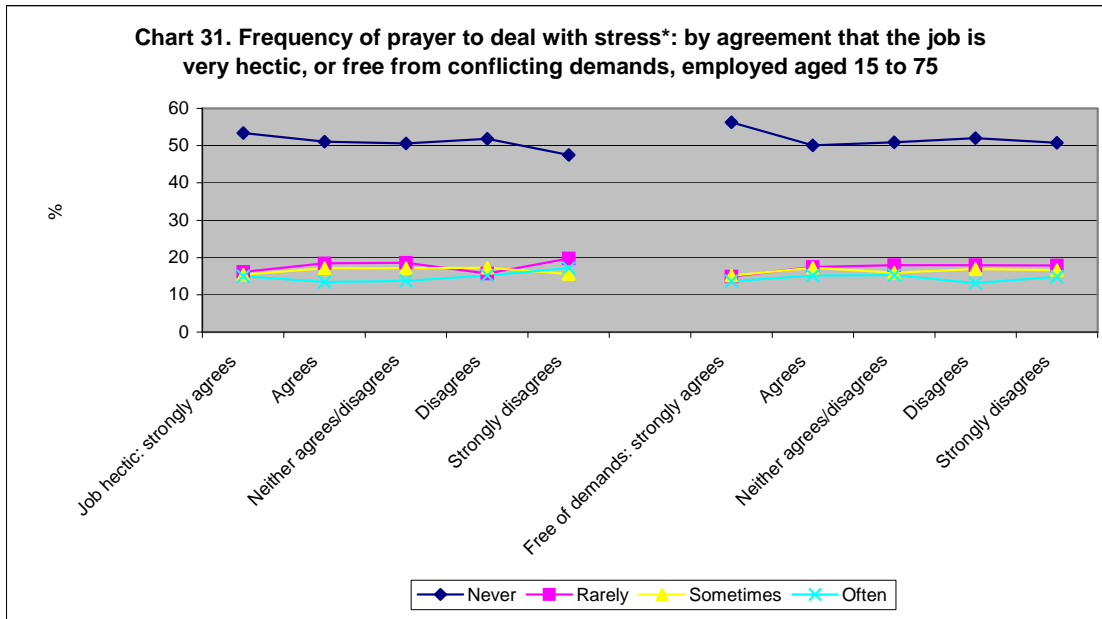
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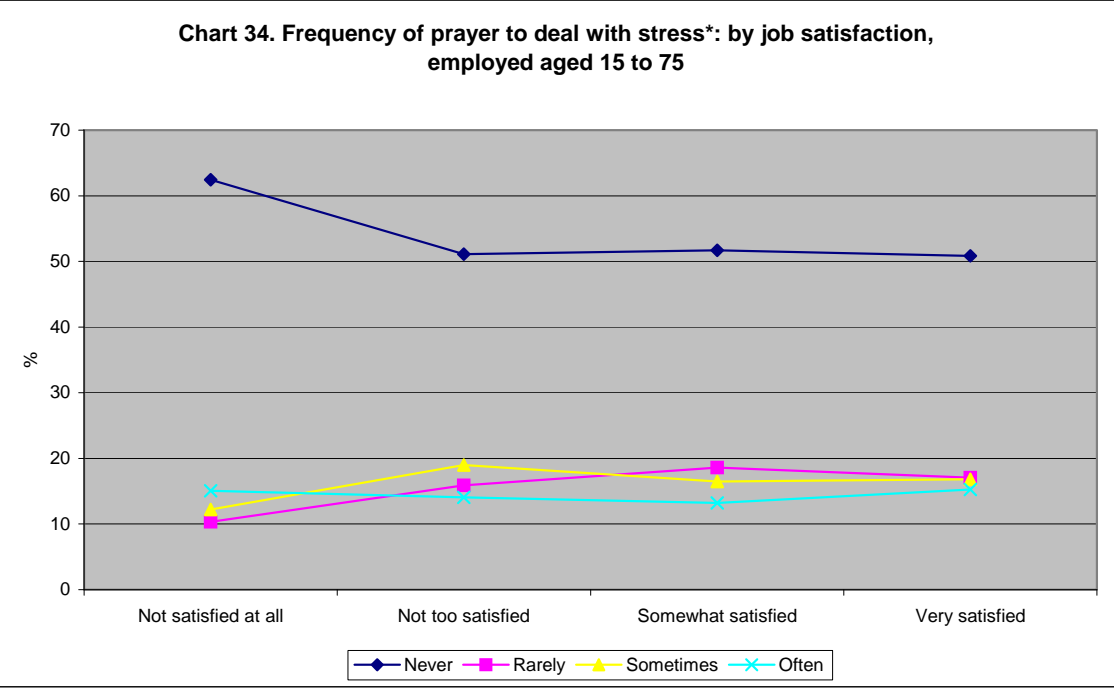
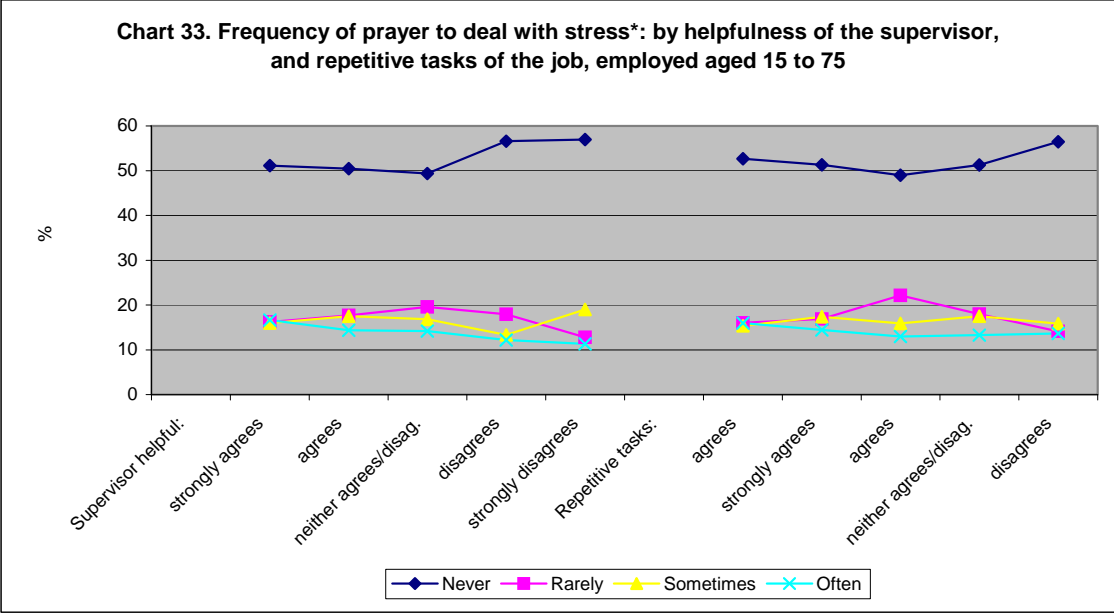
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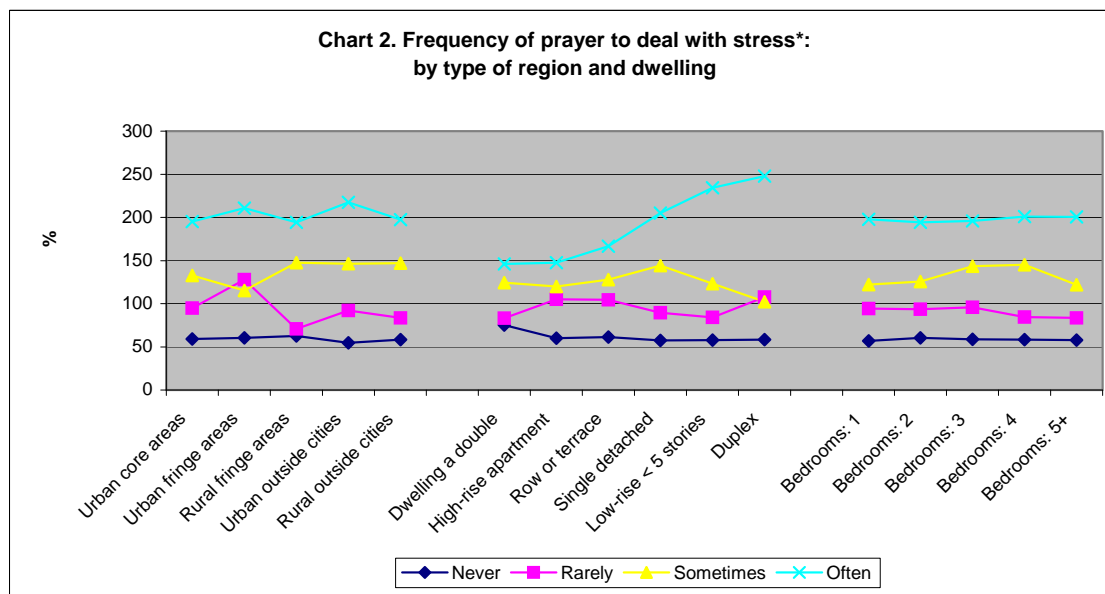
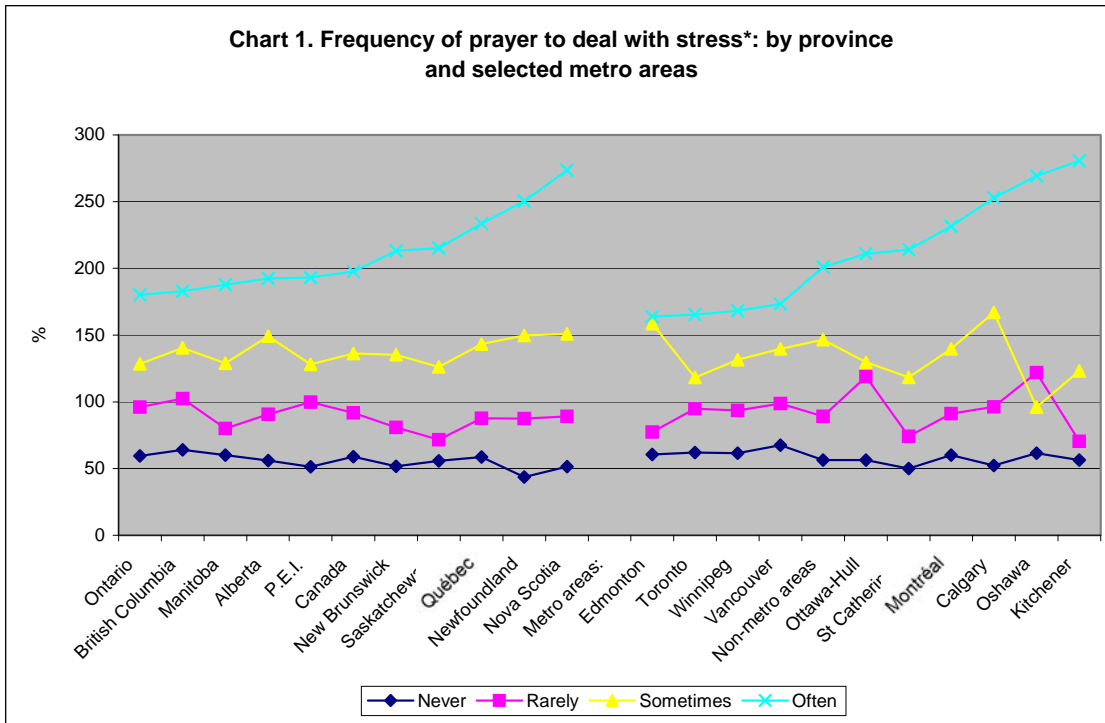
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**Chapter 4. Charts portraying the ratio of the prayer coping
rate of women in relation to that of men,
by the frequency of coping**



Women's rate, % of men's, Canada. Unless stated in the title, the age range is 15 plus and coverage is the provinces.

* "How often do you pray or seek spiritual help to deal with stress?" See Appendix 1 for variable definitions.

Zeros or blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 3. Frequency of prayer to deal with stress*: by dwelling ownership, household size, and number of children

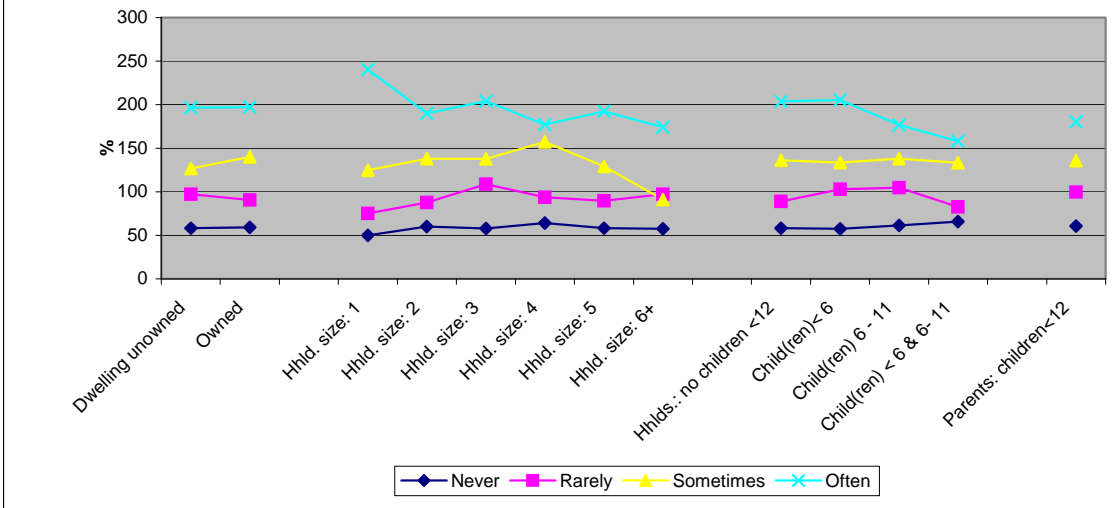
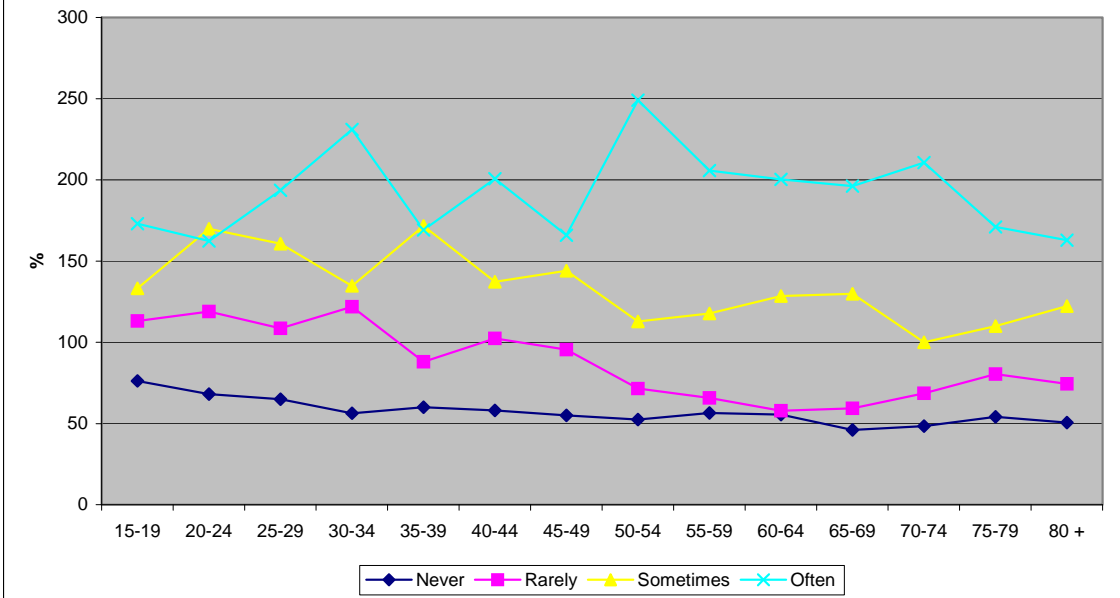


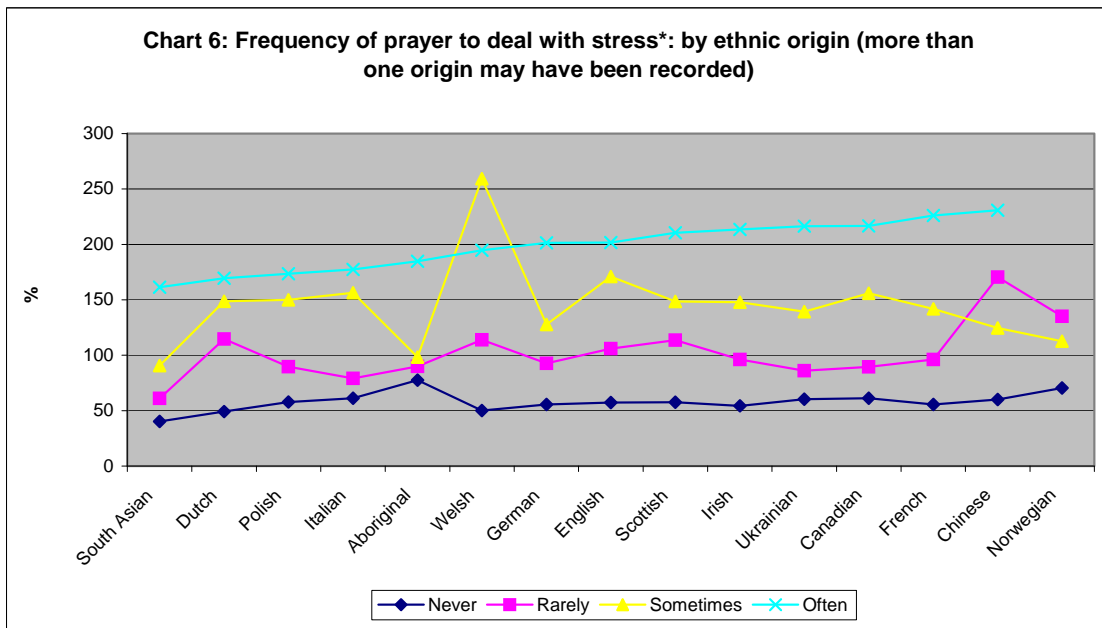
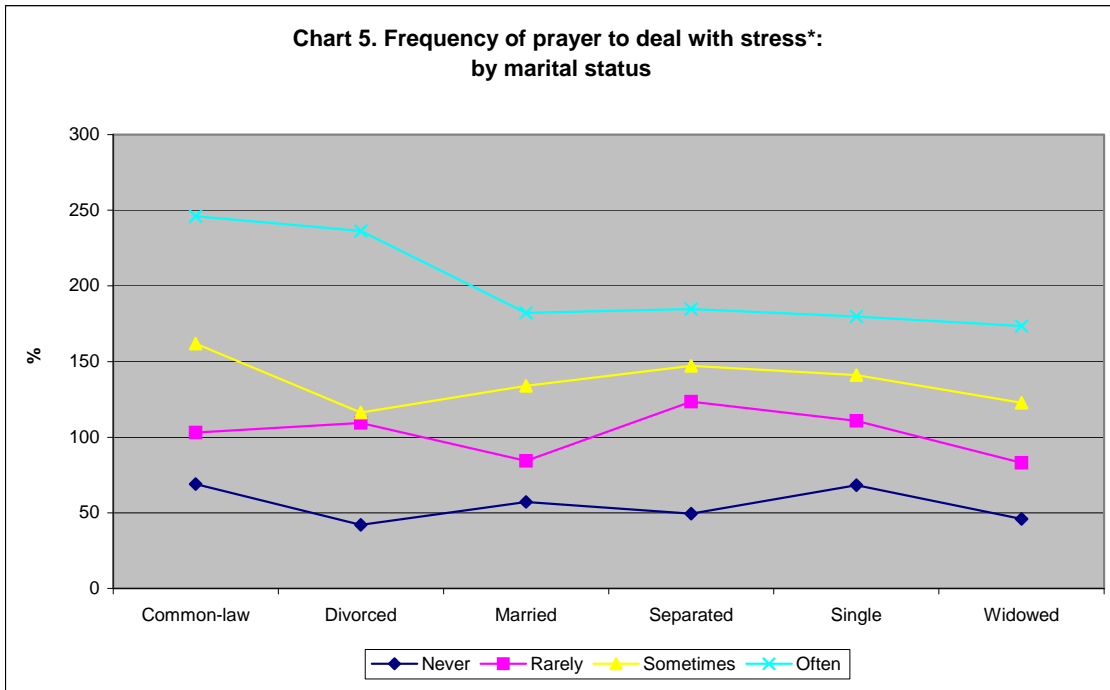
Chart 4. Frequency of prayer to deal with stress*: by age group



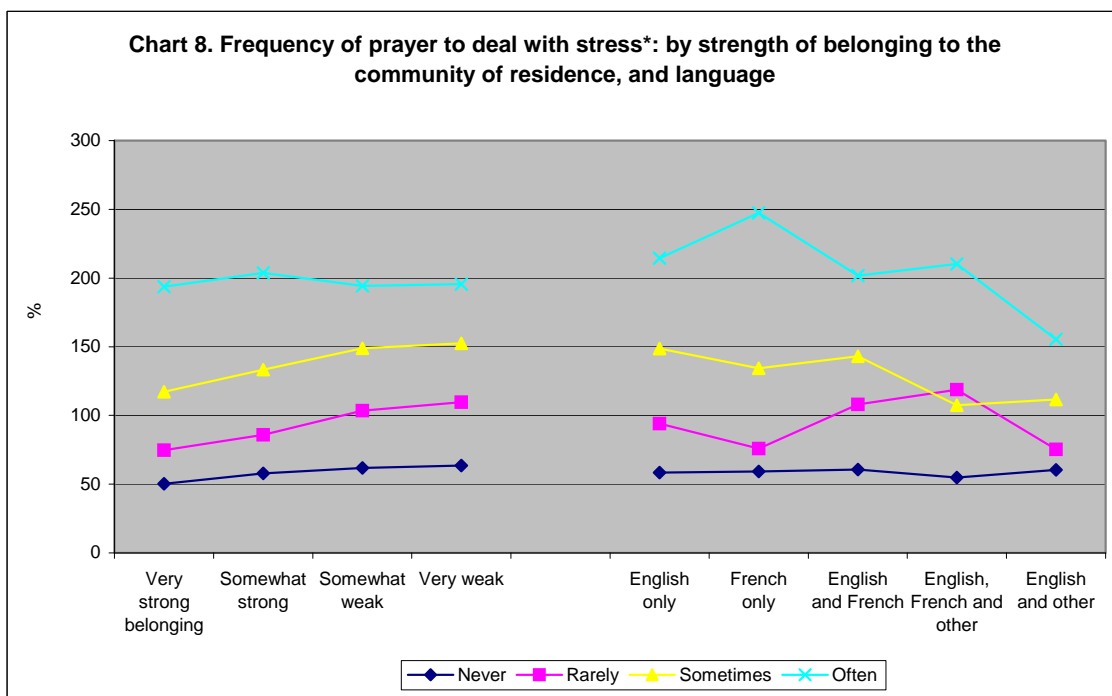
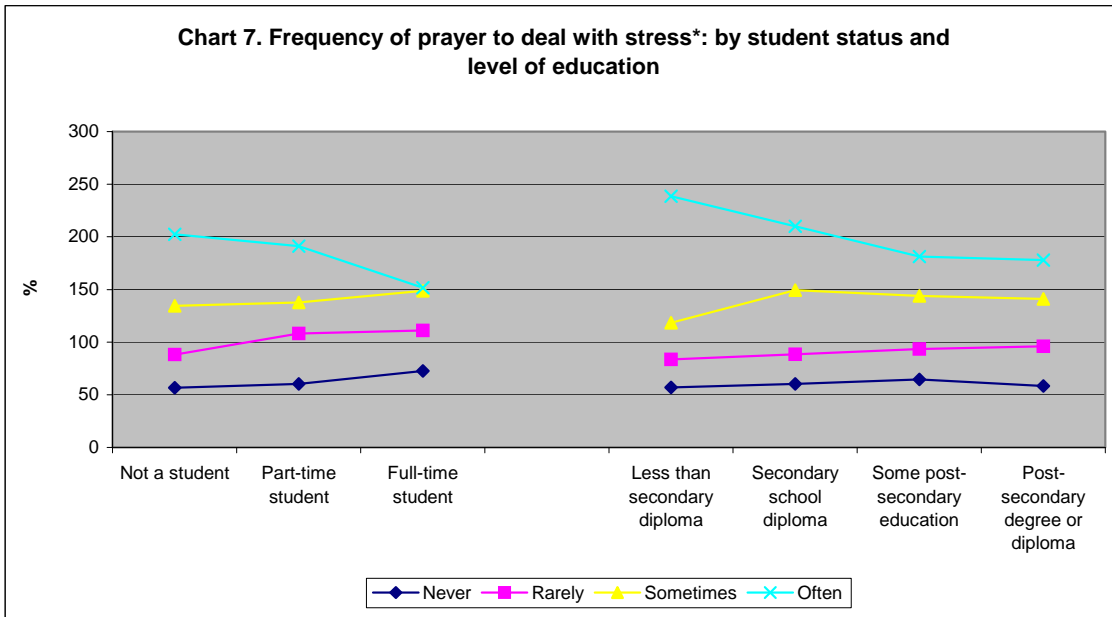
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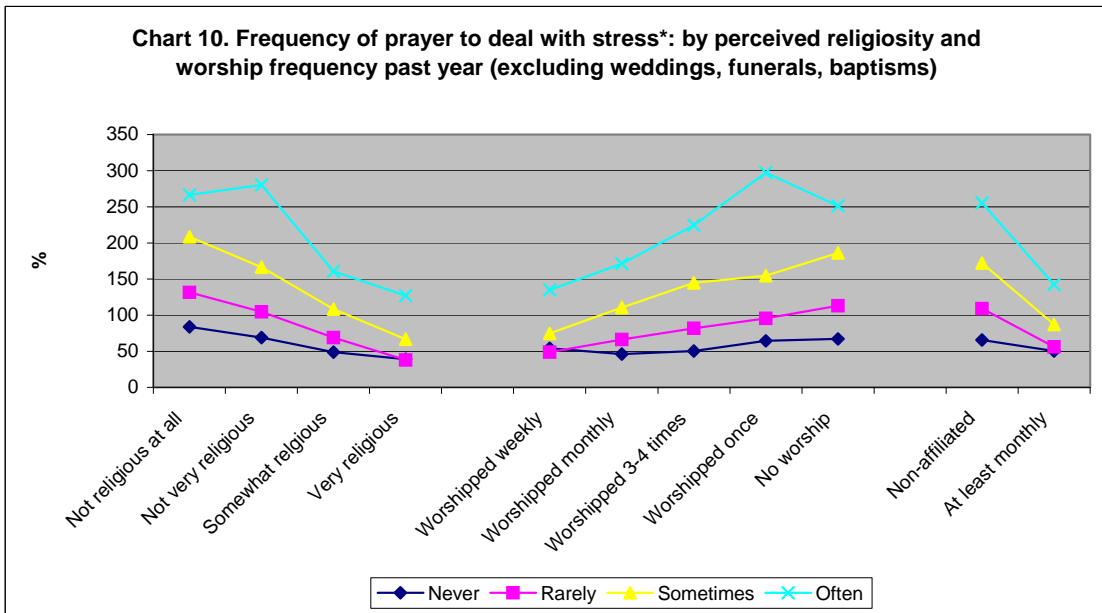
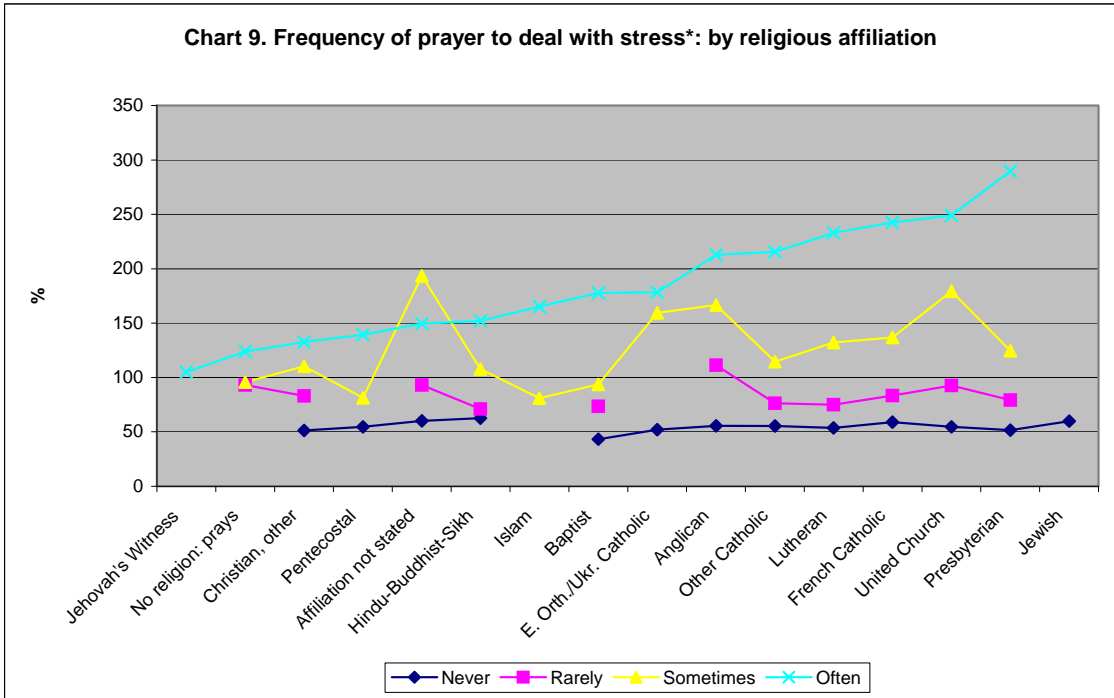
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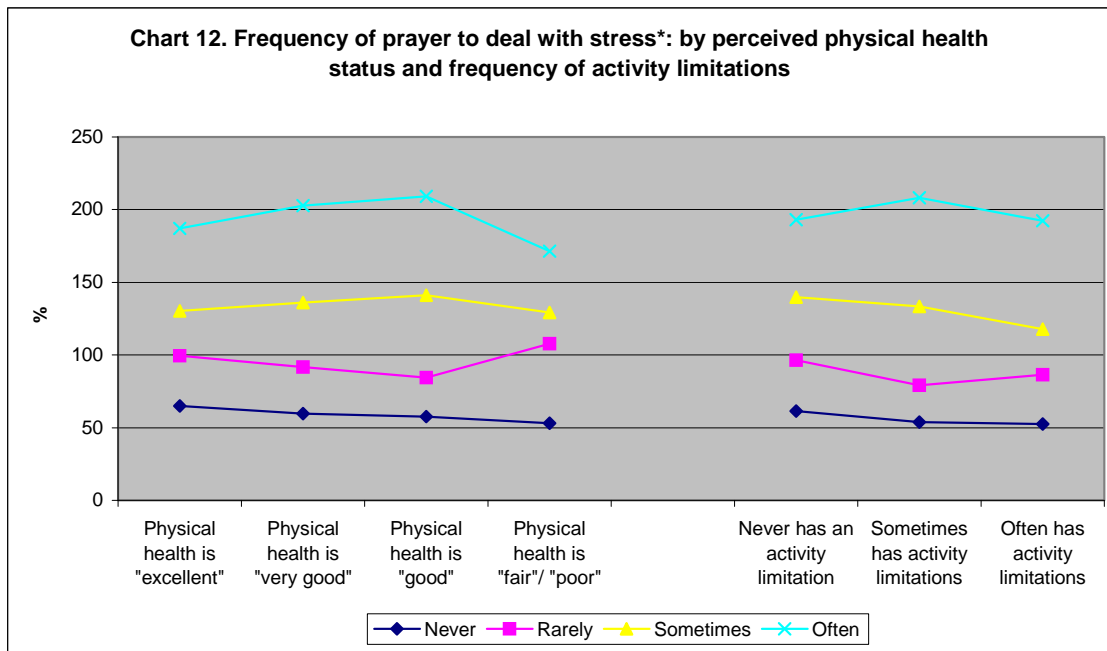
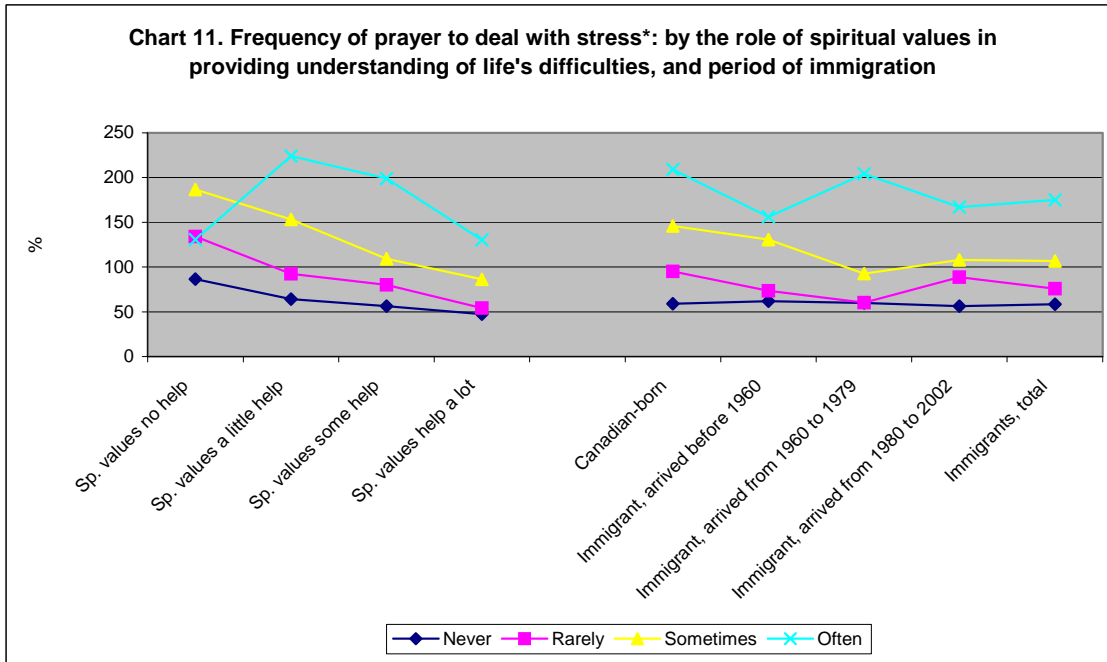
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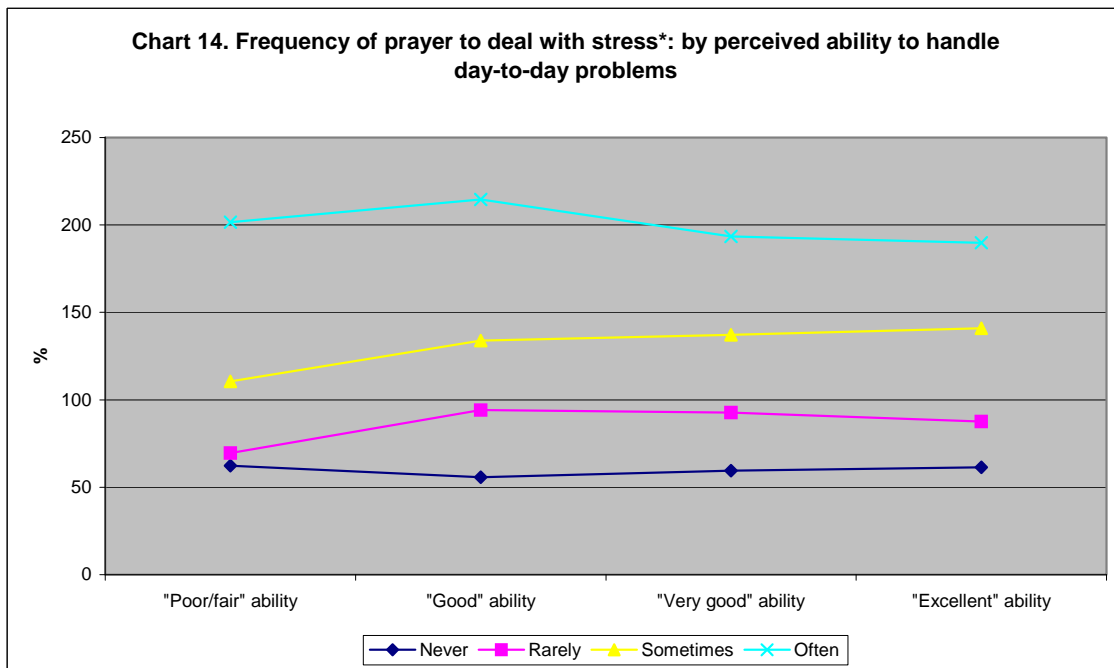
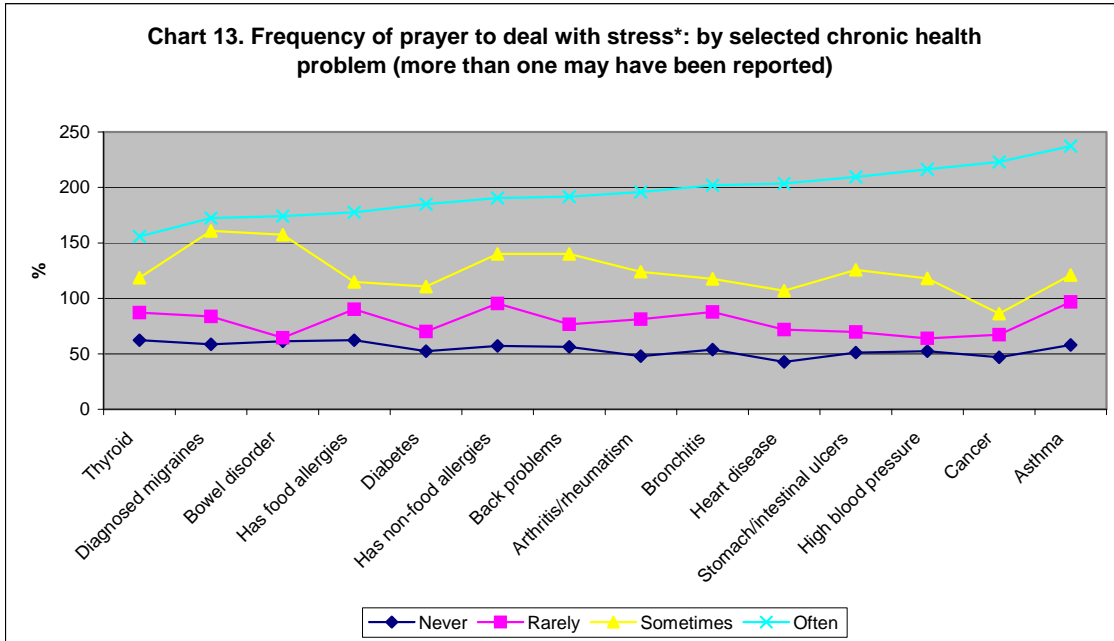
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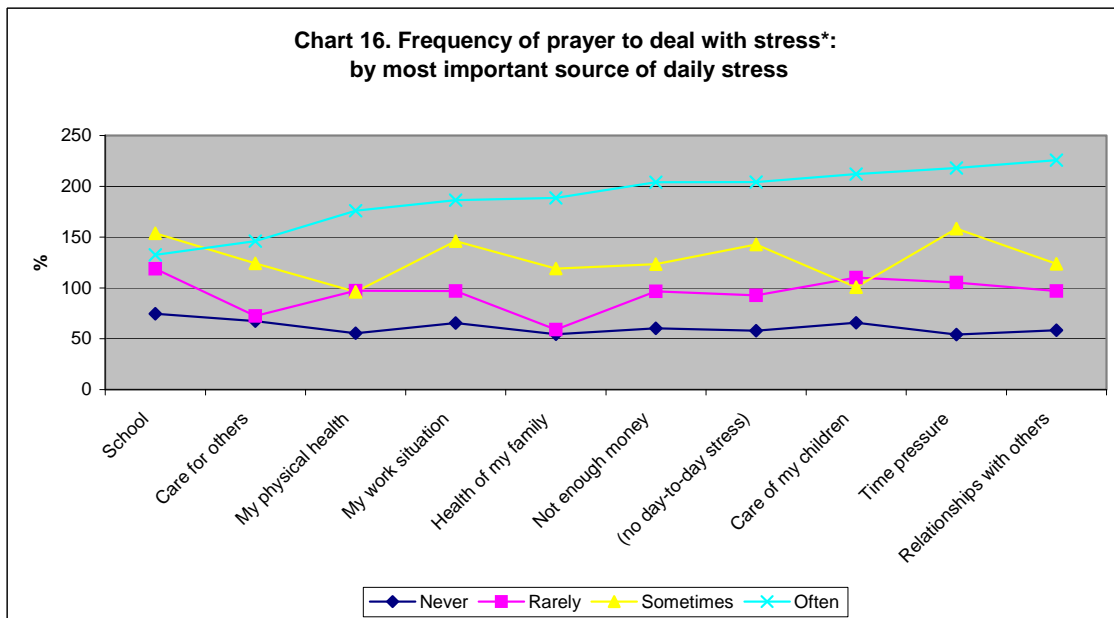
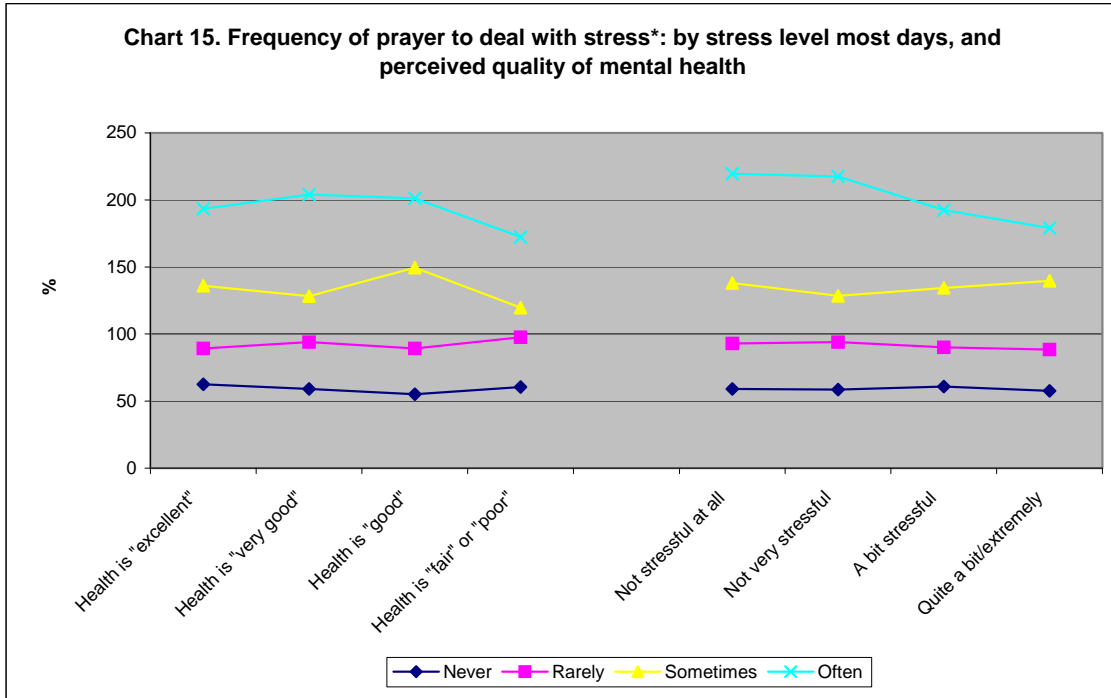
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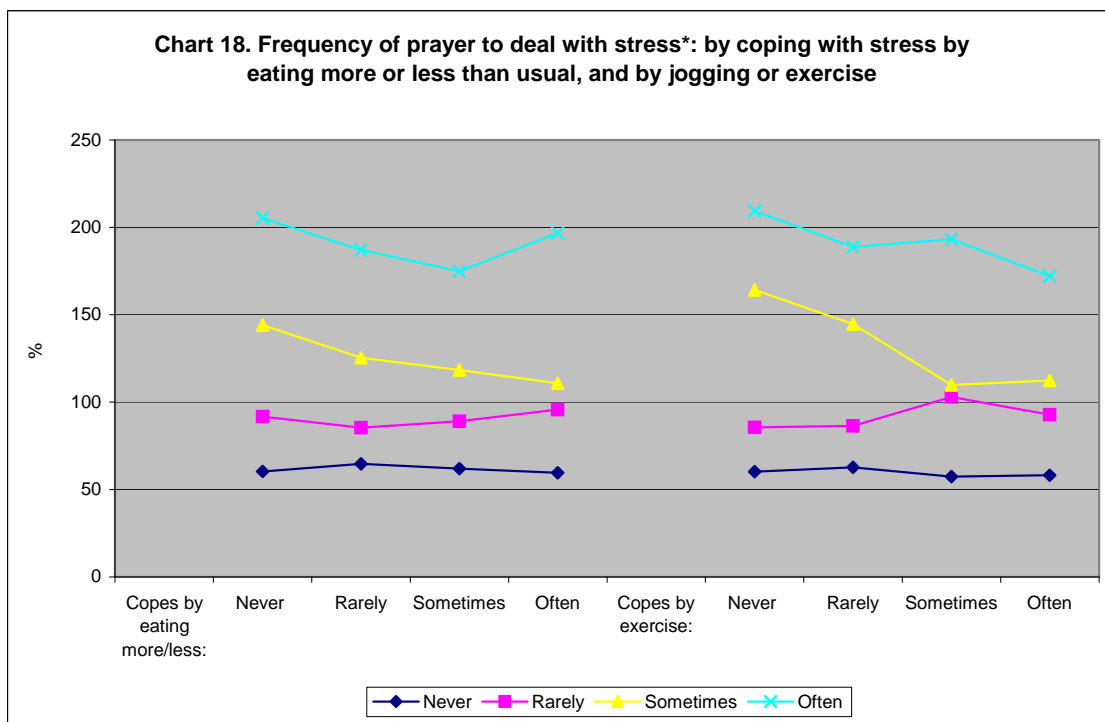
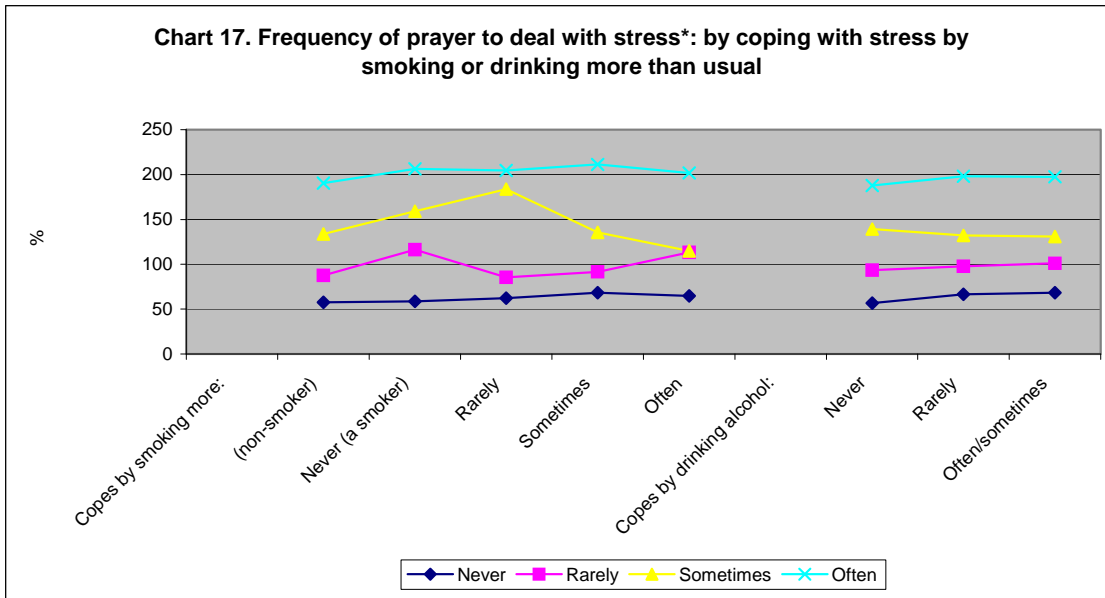
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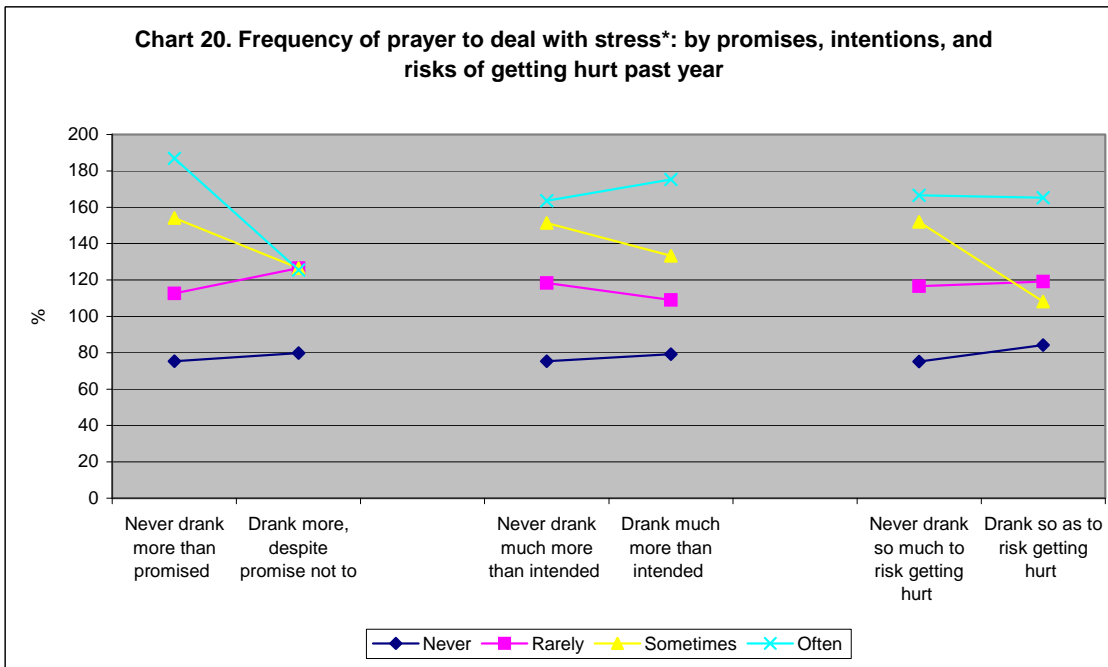
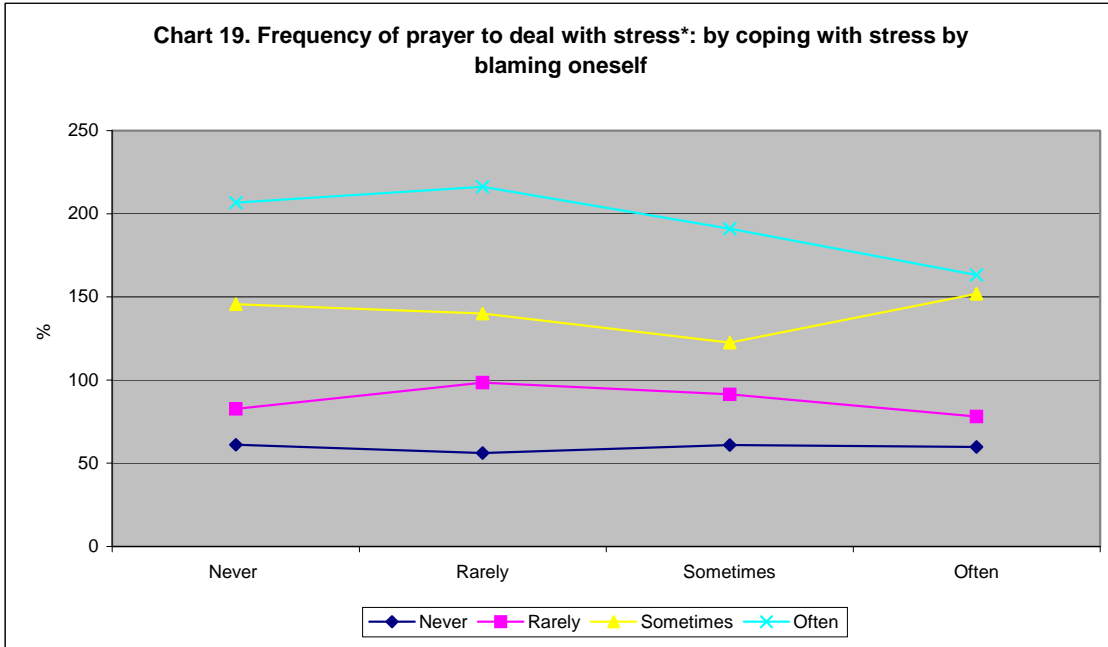
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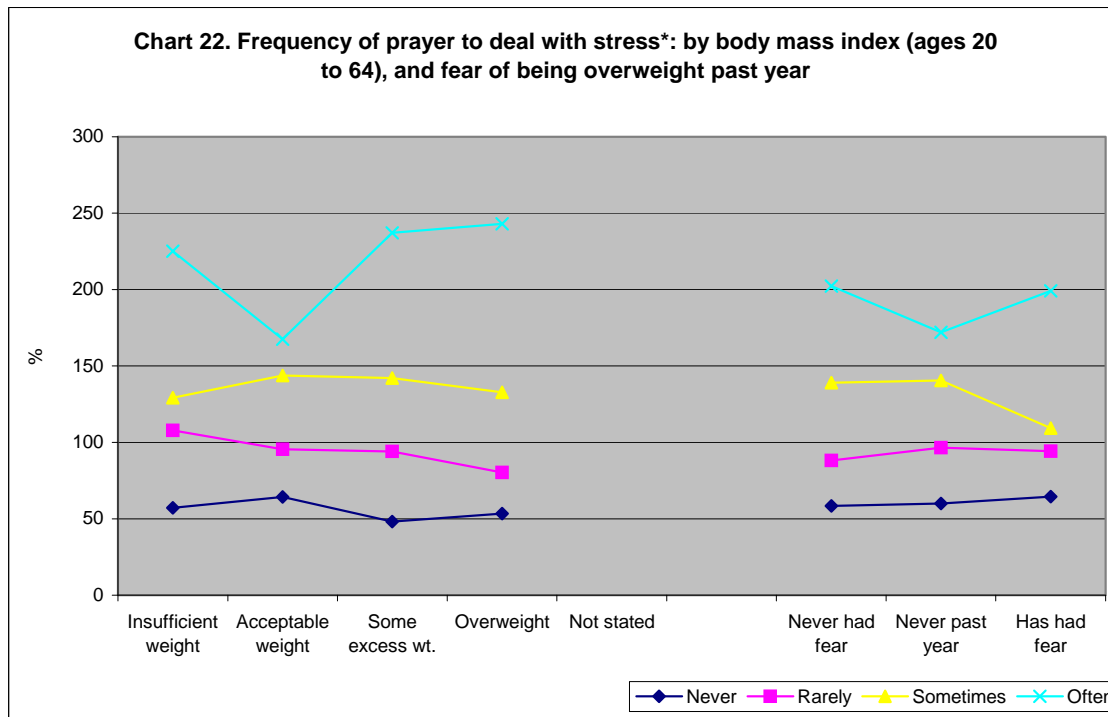
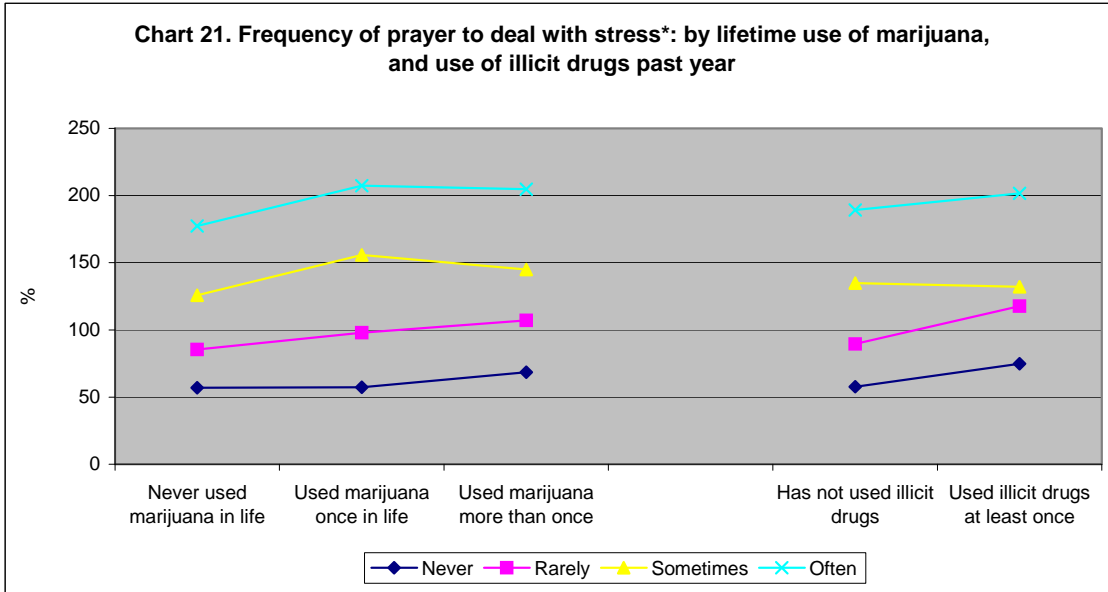
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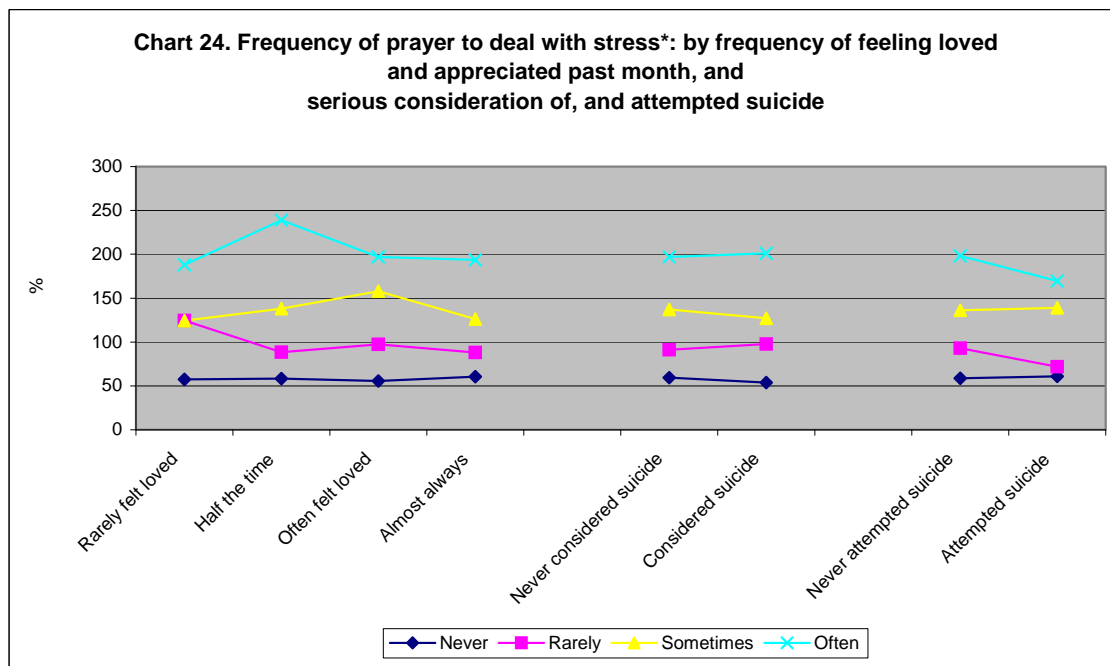
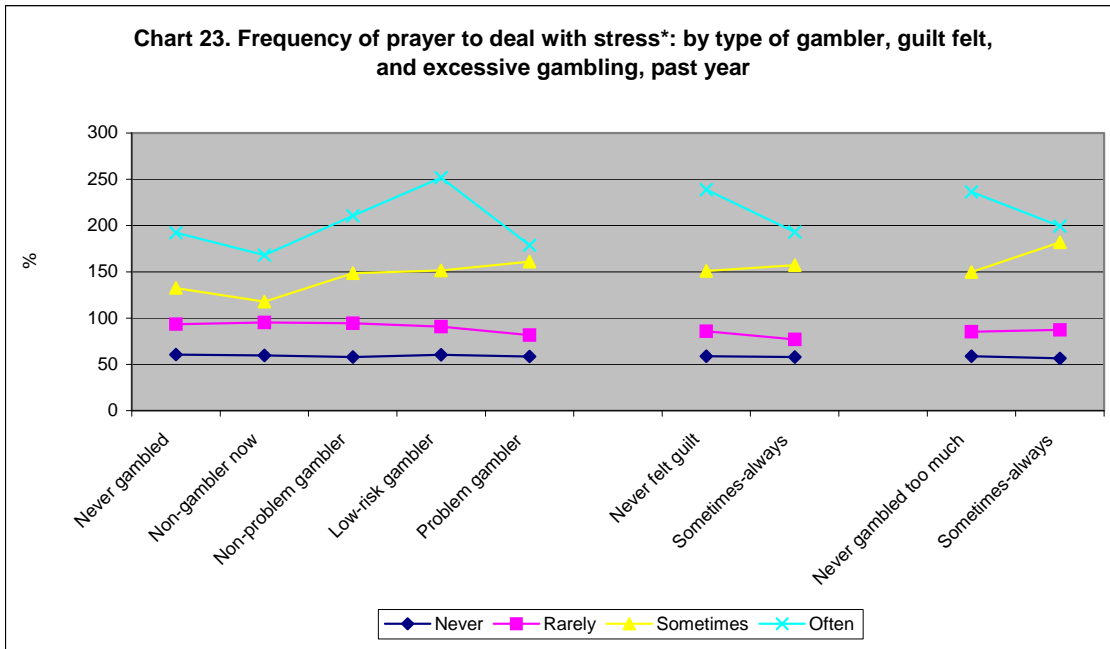
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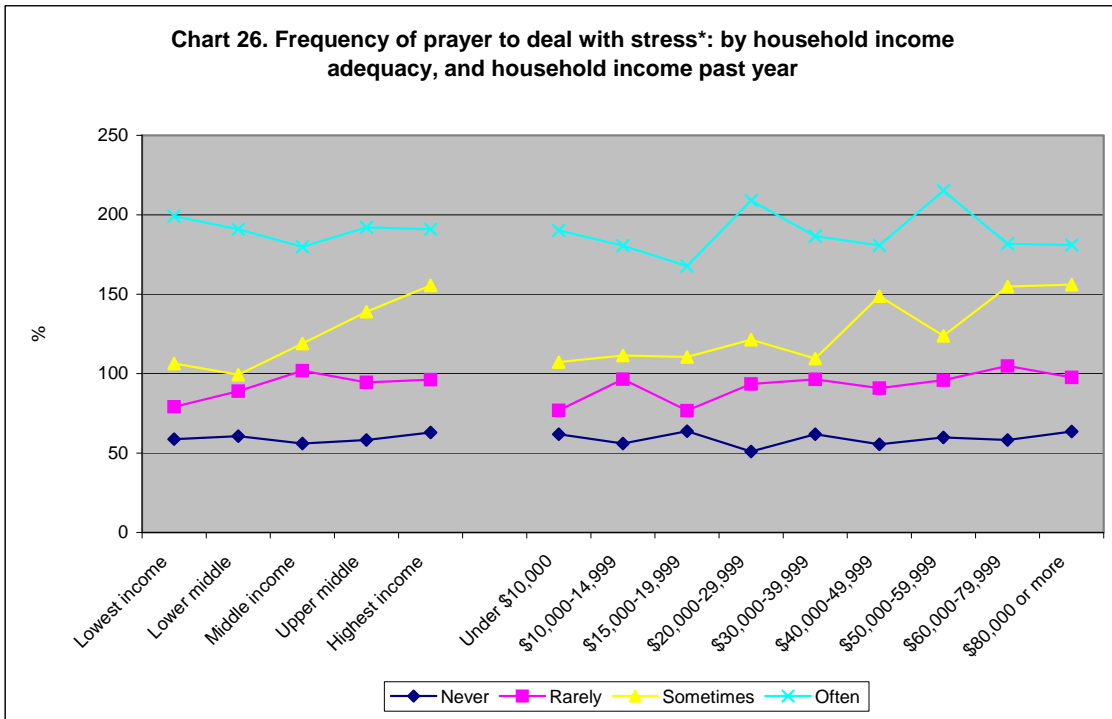
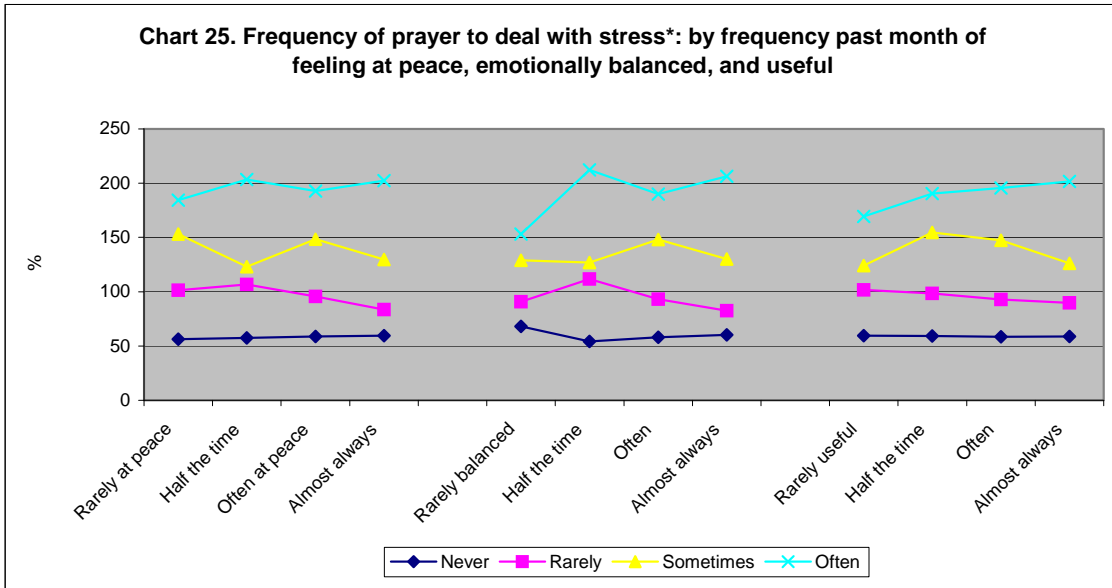
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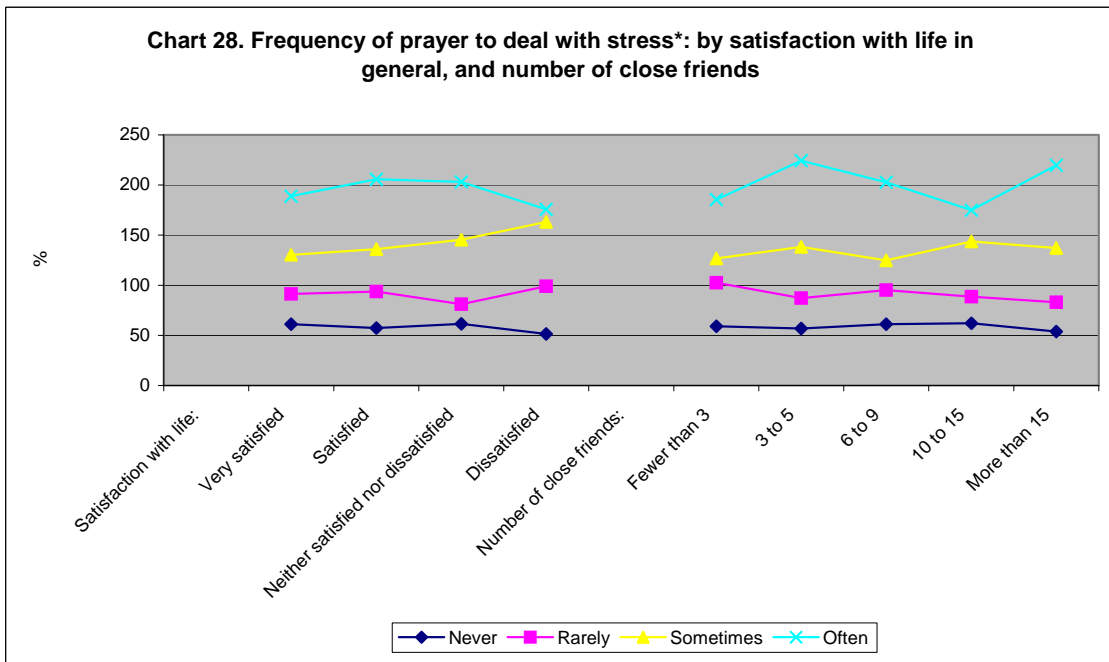
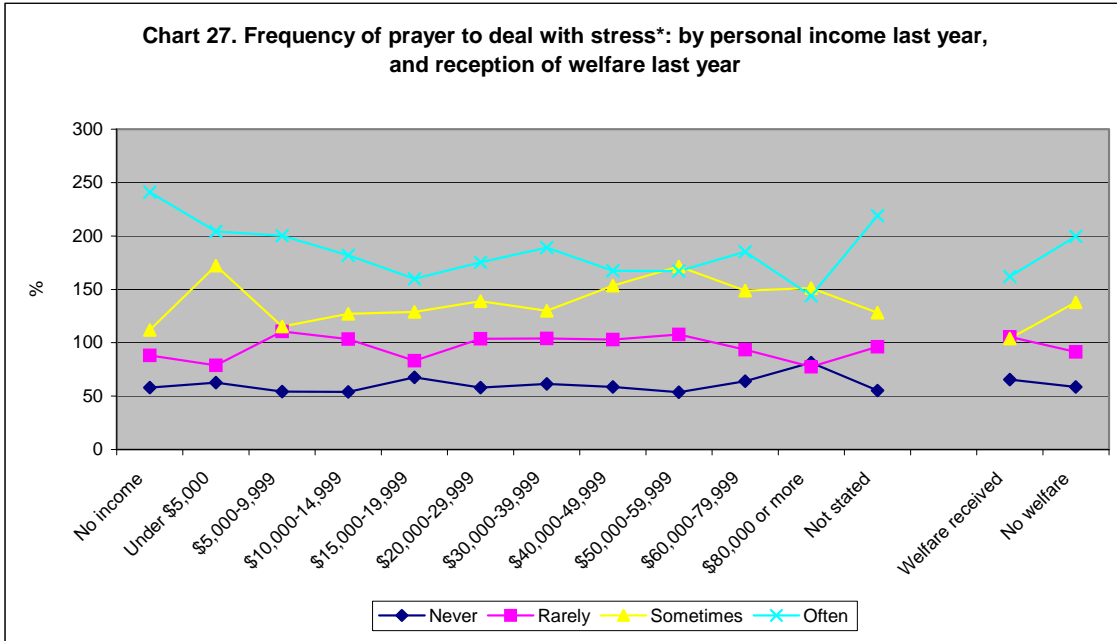
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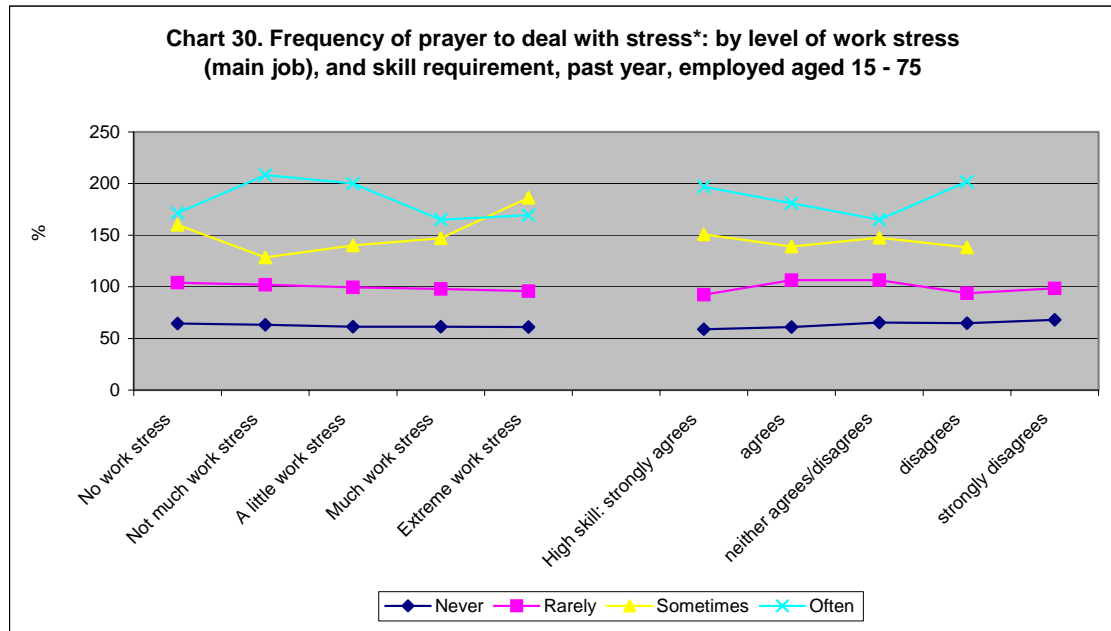
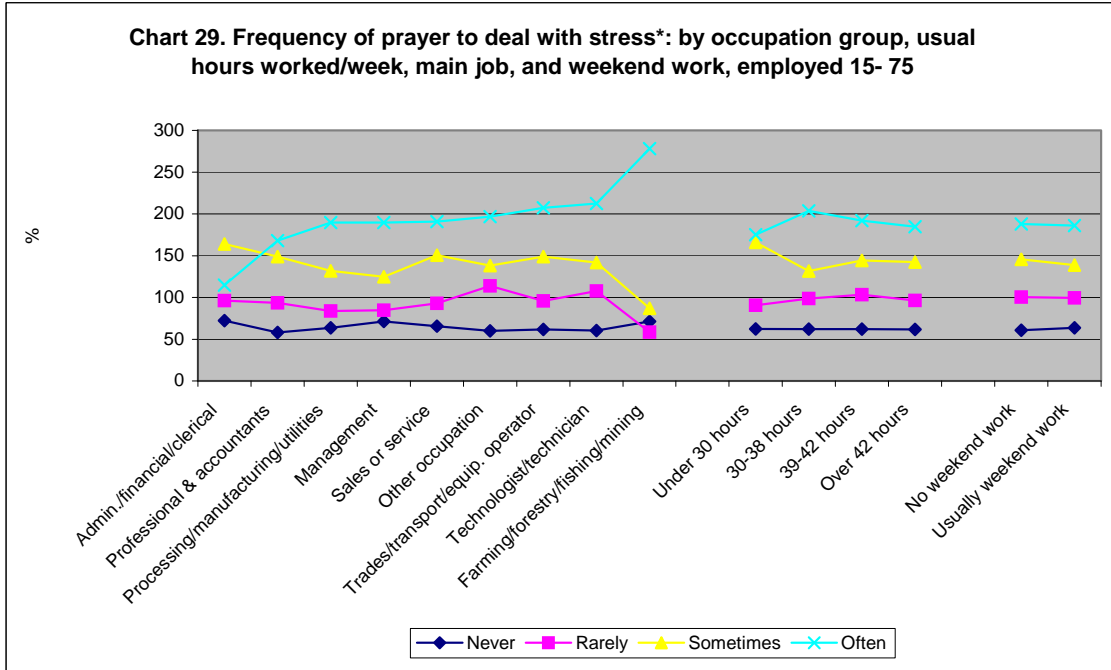
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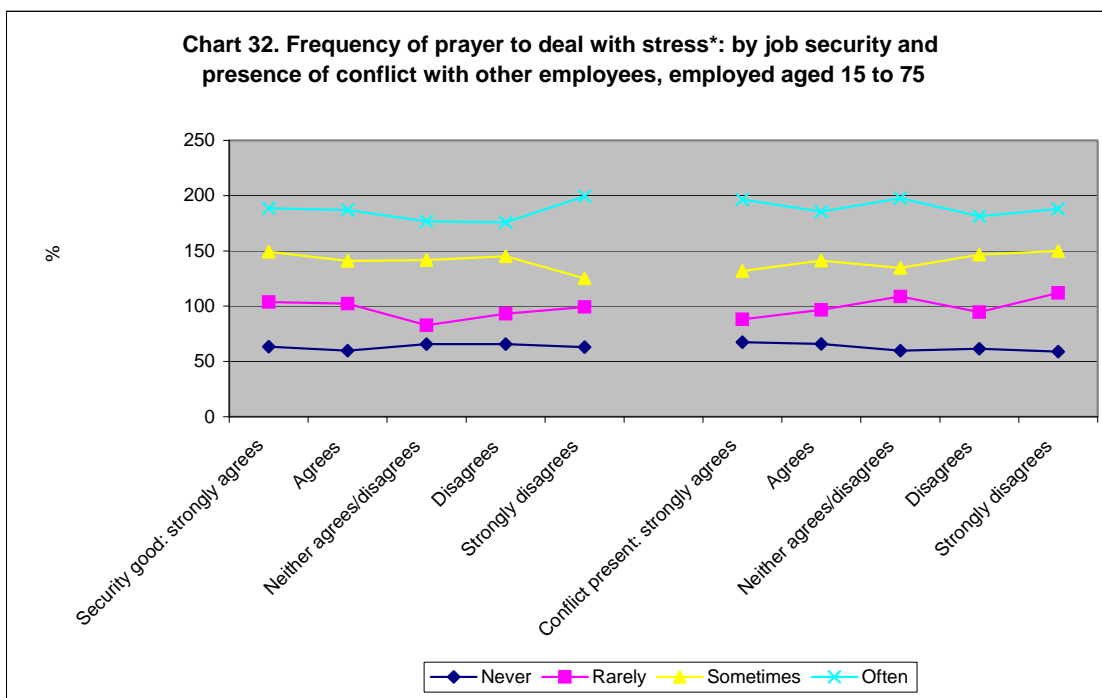
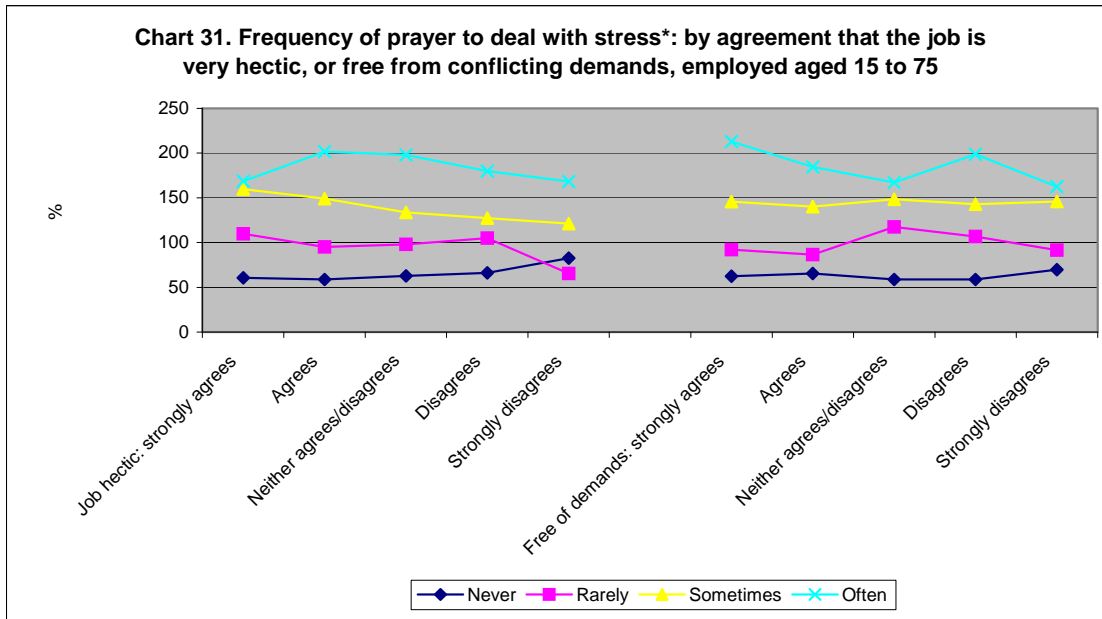
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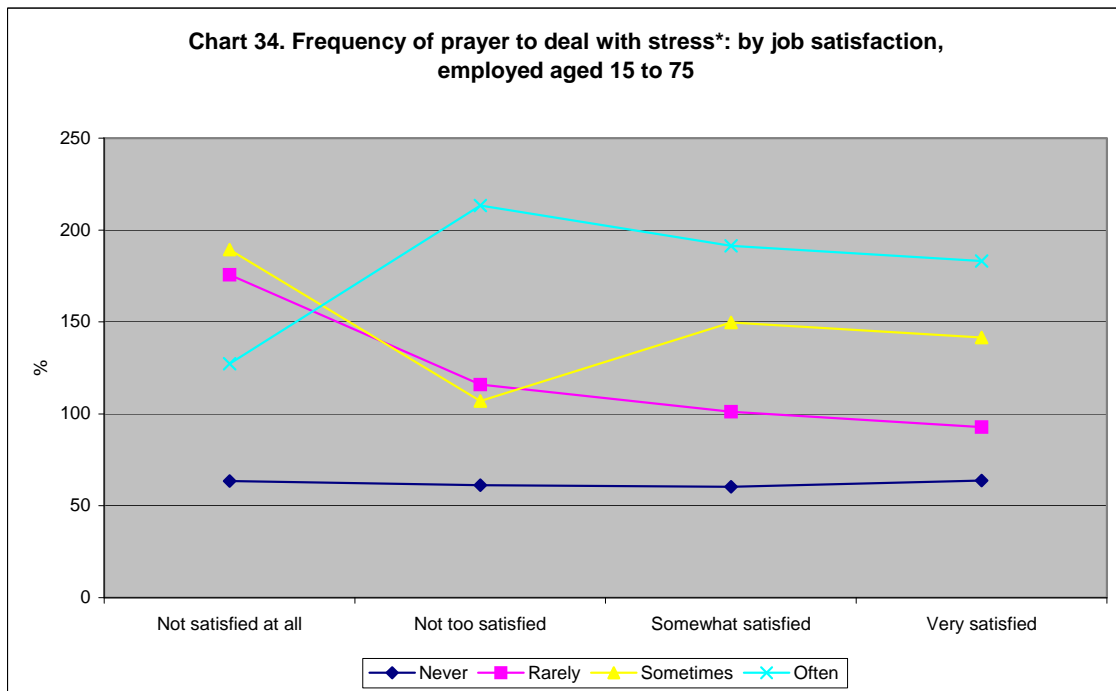
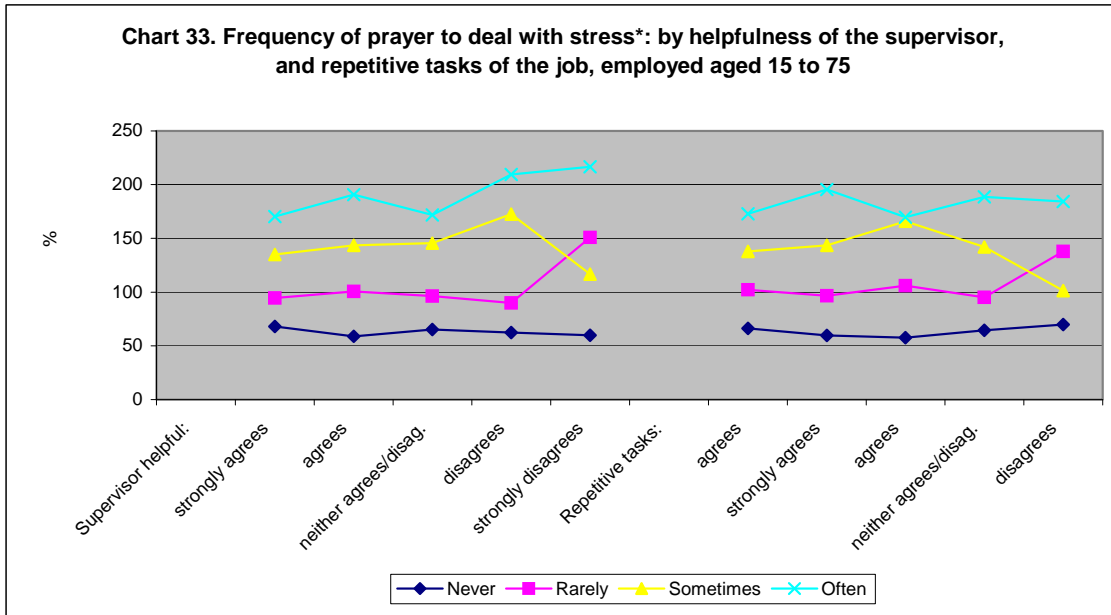
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Chapter 5.

Tables summarizing the results of regression analysis

Regression table 1. Estimates of prayer intensity*: total population aged 15+, women, men and parents, 2002

	Total population aged 15+		Women	
	N= 33,689		N= 18,475	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.373	236.3 **	2.351	167.7 **
Male (=1, female=0)	-0.041	-42.8 **		
Age (natural log)	0.036	30.5 **	0.045	27.8 **
Education (natural log)	0.008	2.9 **	0.004	1.0
French Roman Catholic	0.014	7.2 **	0.011	4.2 **
Other Roman Catholic	0.029	19.9 **	0.029	14.7 **
Conservative Christian	0.069	41.8 **	0.064	28.9 **
Non-Christian	0.050	22.6 **	0.050	15.9 **
No religious affiliation	-0.043	-26.2 **	-0.053	-22.5 **
Smoked marijuana in lifetime	-0.004	-15.9 **	-0.003	-10.1 **
Sleep (natural log of hours)	-0.004	-1.8	-0.004	-1.3
Atlantic region	-0.005	-2.5	0.001	0.2
Québec	-0.008	-4.7 **	-0.005	-2.0
Manitoba/Saskatchewan	0.007	3.6 **	0.007	2.4
Alberta	0.001	0.3	0.002	1.0
British Columbia	-0.006	-3.7 **	-0.007	-3.2 **
(Adjusted R squared)	0.217		0.179	

	Men		Parents	
	N= 15,213		N= 9,176	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.344	162.6 **	2.284	97.8 **
Male (=1, female=0)			-0.045	-24.8 **
Age (natural log)	0.025	15.0 **	0.049	12.7 **
Education (natural log)	0.016	3.9 **	0.021	3.7 **
French Roman Catholic	0.017	6.2 **	0.013	3.6 **
Other Roman Catholic	0.030	13.7 **	0.033	12.4 **
Conservative Christian	0.075	30.5 **	0.076	24.9 **
Non-Christian	0.050	16.1 **	0.056	13.8 **
No religious affiliation	-0.035	-15.1 **	-0.049	-15.2 **
Smoked marijuana in lifetime	-0.004	-11.9 **	-0.003	-8.2 **
Sleep (natural log of hours)	-0.003	-0.9	-0.003	-0.6
Atlantic region	-0.010	-3.7 **	-0.005	-1.3
Québec	-0.012	-4.8 **	-0.010	-3.0 **
Manitoba/Saskatchewan	0.008	2.7 **	0.010	2.6 **
Alberta	-0.001	-0.4	0.002	0.5
British Columbia	-0.004	-2.0	-0.004	-1.2
(Adjusted R squared)	0.168		0.233	

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 2. Estimates of prayer intensity*: mothers, fathers, employed mothers, and mothers not in the labour force, 2002

	<i>Mothers</i>		<i>Fathers</i>	
	"B" coefficient	"t" value	"B" coefficient	"t" value
	N= 5,402		N= 3,773	
Constant	2.2711	74.6 **	2.2560	61.4 **
Male (=1, female=0)				
Age (natural log)	0.0569	11.8 **	0.0360	5.8 **
Education (natural log)	0.0174	2.3	0.0282	3.2 **
French Roman Catholic	0.0052	1.1	0.0233	4.2 **
Other Roman Catholic	0.0330	9.5 **	0.0333	7.9 **
Conservative Christian	0.0664	16.9 **	0.0888	18.5 **
Non-Christian	0.0611	11.1 **	0.0516	8.6 **
No religious affiliation	-0.0605	-13.6 **	-0.0373	-8.0 **
Smoked marijuana in lifetime	-0.0033	-6.1 **	-0.0033	-5.4 **
Sleep (natural log of hours)	-0.0048	-0.9	0.0020	0.3
Atlantic region	0.0005	0.1	-0.0107	-2.0
Québec	-0.0026	-0.6	-0.0186	-3.9 **
Manitoba/Saskatchewan	0.0104	2.1	0.0092	1.5
Alberta	0.0036	0.8	-0.0002	0.0
British Columbia	-0.0067	-1.7	-0.0004	-0.1
(Adjusted R squared)	0.184		0.193	

	<i>Employed mothers, aged 15 to 74</i>		<i>Mothers not in the labour force</i>	
	"B" coefficient	"t" value	"B" coefficient	"t" value
	N= 3,254		N= 1,376	
Constant	2.2436	53.5 **	2.2726	39.7 **
Male (=1, female=0)				
Age (natural log)	0.0587	7.9 **	0.0596	7.1 **
Education (natural log)	0.0167	1.6	0.0256	1.8
French Roman Catholic	0.0087	1.4	-0.0004	0.0
Other Roman Catholic	0.0386	9.2 **	0.0151	1.9
Conservative Christian	0.0743	14.9 **	0.0408	5.0 **
Non-Christian	0.0609	7.9 **	0.0646	6.4 **
No religious affiliation	-0.0558	-9.9 **	-0.0727	-7.5 **
Smoked marijuana in lifetime	-0.0040	-6.0 **	0.0008	0.7
Sleep (natural log of hours)	0.0052	0.7	-0.0167	-1.6
Atlantic region	-0.0012	-0.2	0.0092	1.0
Québec	-0.0067	-1.2	-0.0065	-0.8
Manitoba/Saskatchewan	0.0083	1.4	0.0172	1.6
Alberta	0.0042	0.8	0.0034	0.4
British Columbia	-0.0023	-0.4	-0.0130	-1.6
(Adjusted R squared)	0.186		0.168	

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 3. Estimates of prayer intensity*: mothers working less than 38 hours per week, 38 or more hours per week, and the unemployed, and non-labour force aged 15 to 74, 2002

	<i>Mothers working < 38 hours per week</i>		<i>Mothers working 38+ hours per week</i>	
	N= 1,972		N= 2,134	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.2501	44.6 **	2.2065	42.3 **
Male (=1, female=0)				
Age (natural log)	0.0562	6.6 **	0.0630	6.8 **
Education (natural log)	0.0325	2.5	0.0267	2.2
French Roman Catholic	0.0160	2.1	-0.0034	-0.4
Other Roman Catholic	0.0461	8.4 **	0.0323	6.1 **
Conservative Christian	0.0740	11.8 **	0.0699	11.1 **
Non-Christian	0.0699	6.6 **	0.0549	6.0 **
No religious affiliation	-0.0628	-9.0 **	-0.0525	-7.6 **
Smoked marijuana in lifetime	-0.0046	-5.6 **	-0.0035	-4.1 **
Sleep (natural log of hours)	-0.0139	-1.4	0.0002	0.0
Atlantic region	0.0008	0.1	-0.0034	-0.5
Québec	-0.0124	-1.8	0.0075	1.1
Manitoba/Saskatchewan	0.0087	1.1	0.0114	1.5
Alberta	0.0054	0.8	0.0031	0.5
British Columbia	-0.0042	-0.7	-0.0051	-0.7
(Adjusted R squared)	0.227		0.167	
		**		**

	<i>Unemployed, total</i>		<i>Total not in the labour force</i>	
	N= 1,408		N= 9,364	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3799	52.4 **	2.3839	130.5 **
Male (=1, female=0)	-0.0260	-5.7 **	-0.0442	-22.7 **
Age (natural log)	0.0406	6.8 **	0.0333	15.7 **
Education (natural log)	0.0195	1.4	0.0143	2.7 **
French Roman Catholic	0.0127	1.3	0.0225	6.1 **
Other Roman Catholic	0.0385	4.8 **	0.0264	9.1 **
Conservative Christian	0.0649	7.6 **	0.0562	17.4 **
Non-Christian	0.0646	7.0 **	0.0389	8.9 **
No religious affiliation	-0.0332	-4.1 **	-0.0560	-16.4 **
Smoked marijuana in lifetime	-0.0045	-4.5 **	-0.0024	-4.5 **
Sleep (natural log of hours)	-0.0353	-3.3 **	-0.0111	-2.9 **
Atlantic region	-0.0124	-1.4	0.0009	0.3
Québec	-0.0007	-0.1	-0.0104	-3.1 **
Manitoba/Saskatchewan	0.0248	2.4	0.0102	2.5
Alberta	-0.0050	-0.6	0.0094	2.5
British Columbia	-0.0017	-0.2	-0.0049	-1.6
(Adjusted R squared)	0.237		0.197	
		**		**

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 4. Estimates of prayer intensity*: employed working less than 48 hours+ per week, permanently unable to work, employed women, and employed men, aged 15 to 74, 2002

	<i>Employed working 48 hours+ per week</i>		<i>Permanently unable to work</i>	
	N= 5,886		N= 941	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.2832	88.8 **	2.2544	29.7 **
Male (=1, female=0)	-0.0370	-14.4 **	-0.0539	-8.6 **
Age (natural log)	0.0359	9.9 **	0.0414	3.1 **
Education (natural log)	0.0329	4.7 **	0.0562	3.0 **
French Roman Catholic	0.0073	1.6	0.0169	1.5
Other Roman Catholic	0.0215	6.5 **	0.0154	1.7
Conservative Christian	0.0696	19.1 **	0.0332	3.3 **
Non-Christian	0.0386	7.0 **	0.0118	0.4
No religious affiliation	-0.0441	-12.3 **	-0.0482	-4.3 **
Smoked marijuana in lifetime	-0.0031	-6.4 **	-0.0010	-0.6
Sleep (natural log of hours)	0.0040	0.7	-0.0076	-0.9
Atlantic region	-0.0089	-2.1	0.0076	0.8
Québec	-0.0026	-0.6	0.0064	0.6
Manitoba/Saskatchewan	0.0053	1.2	0.0430	3.0 **
Alberta	-0.0011	-0.3	0.0074	0.6
British Columbia	-0.0019	-0.5	-0.0121	-1.2
(Adjusted R squared)	0.206		0.144	
		**		**

	<i>Employed women</i>		<i>Employed men</i>	
	N= 9,932		N= 10,304	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3254	116.4 **	2.3159	126.4 **
Male (=1, female=0)				
Age (natural log)	0.0435	17.1 **	0.0234	9.8 **
Education (natural log)	0.0069	1.2	0.0234	4.5 **
French Roman Catholic	0.0042	1.2	0.0132	3.9 **
Other Roman Catholic	0.0305	11.8 **	0.0276	10.7 **
Conservative Christian	0.0697	23.5 **	0.0760	26.2 **
Non-Christian	0.0528	12.3 **	0.0527	14.3 **
No religious affiliation	-0.0481	-15.9 **	-0.0324	-12.1 **
Smoked marijuana in lifetime	-0.0032	-8.3 **	-0.0036	-10.1 **
Sleep (natural log of hours)	0.0066	1.4	0.0038	0.9
Atlantic region	-0.0046	-1.3	-0.0110	-3.3 **
Québec	-0.0041	-1.3	-0.0117	-4.1 **
Manitoba/Saskatchewan	0.0019	0.5	0.0080	2.3
Alberta	-0.0008	-0.2	-0.0025	-0.9
British Columbia	-0.0075	-2.6 **	-0.0036	-1.4
(Adjusted R squared)	0.178		0.171	
		**		**

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress?
 "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample =
 the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran);
 and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 5. Estimates of prayer intensity*: Newfoundland, Prince Edward Island, Nova Scotia, and New Brunswick, 2002

	<i>Newfoundland</i>		<i>Prince Edward Island</i>	
	N= 1,461		N= 892	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.2909	48.6 **	2.1940	36.9 **
Male (=1, female=0)	-0.0601	-13.4 **	-0.0376	-6.4 **
Age (natural log)	0.0708	13.2 **	0.0501	7.6 **
Education (natural log)	-0.0011	-0.1	0.0424	2.5
French Roman Catholic	0.0224	0.5	0.0391	2.7 **
Other Roman Catholic	0.0230	4.6 **	0.0187	2.8 **
Conservative Christian	0.0345	5.4 **	0.0443	4.5 **
Non-Christian	-0.0490	-1.4	-0.0911	-1.9
No religious affiliation	-0.0282	-1.7	-0.0471	-3.8 **
Smoked marijuana in lifetime	-0.0033	-3.0 **	-0.0043	-3.1 **
Sleep (natural log of hours)	-0.0090	-1.0	0.0182	1.3
Atlantic region				
Québec				
Manitoba/Saskatchewan				
Alberta				
British Columbia				
(Adjusted R squared)	0.251	**	0.188	**

	<i>Nova Scotia</i>		<i>New Brunswick</i>	
	N= 2,525		N= 1,516	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.2961	66.6 **	2.2983	46.8 **
Male (=1, female=0)	-0.0535	-15.4 **	-0.0480	-10.2 **
Age (natural log)	0.0488	11.7 **	0.0530	9.3 **
Education (natural log)	0.0196	2.0	0.0171	1.3
French Roman Catholic	0.0479	5.7 **	0.0129	1.9
Other Roman Catholic	0.0257	6.0 **	0.0156	2.1
Conservative Christian	0.0383	8.0 **	0.0505	6.7 **
Non-Christian	0.0629	3.9 **	0.0838	2.7 **
No religious affiliation	-0.0324	-5.1 **	-0.0246	-2.4
Smoked marijuana in lifetime	-0.0051	-6.4 **	-0.0015	-1.4
Sleep (natural log of hours)	-0.0055	-0.8	-0.0083	-0.8
Atlantic region				
Québec				
Manitoba/Saskatchewan				
Alberta				
British Columbia				
(Adjusted R squared)	0.234	**	0.177	**

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 6. Estimates of prayer intensity*: Québec, Ontario, Manitoba, and Saskatchewan, 2002

Québec			Ontario		
	N= 4,935		N= 12,124		
	"B" coefficient	"t" value	"B" coefficient	"t" value	
Constant	2.4037	85.4 **	2.3578	142.5 **	
Male (=1, female=0)	-0.0475	-18.7 **	-0.0393	-24.4 **	
Age (natural log)	0.0468	14.5 **	0.0296	15.3 **	
Education (natural log)	-0.0259	-3.7 **	0.0243	5.2 **	
French Roman Catholic	0.0180	2.4	0.0224	5.8 **	
Other Roman Catholic	0.0266	3.1 **	0.0294	13.8 **	
Conservative Christian	0.0994	10.1 **	0.0705	26.9 **	
Non-Christian	0.0703	7.2 **	0.0481	15.7 **	
No religious affiliation	-0.0146	-1.7	-0.0459	-17.7 **	
Smoked marijuana in lifetime	-0.0021	-3.5 **	-0.0042	-11.2 **	
Sleep (natural log of hours)	-0.0017	-0.3	-0.0081	-2.2	
Atlantic region					
Québec					
Manitoba/Saskatchewan					
Alberta					
British Columbia					
(Adjusted R squared)	0.175	**	0.215	**	

Manitoba			Saskatchewan		
	N= 2,024		N= 1,812		
	"B" coefficient	"t" value	"B" coefficient	"t" value	
Constant	2.3415	56.9 **	2.3147	54.6 **	
Male (=1, female=0)	-0.0369	-9.7 **	-0.0372	-9.3 **	
Age (natural log)	0.0304	6.8 **	0.0348	7.6 **	
Education (natural log)	0.0220	1.9	0.0263	2.2	
French Roman Catholic	0.0360	4.0 **	0.0371	2.6 **	
Other Roman Catholic	0.0317	6.1 **	0.0257	5.3 **	
Conservative Christian	0.0685	12.7 **	0.0677	11.6 **	
Non-Christian	0.0420	3.5 **	0.0635	3.3 **	
No religious affiliation	-0.0545	-9.6 **	-0.0618	-9.6 **	
Smoked marijuana in lifetime	-0.0032	-3.6 **	-0.0011	-1.2	
Sleep (natural log of hours)	0.0046	0.5	0.0053	0.6	
Atlantic region					
Québec					
Manitoba/Saskatchewan					
Alberta					
British Columbia					
(Adjusted R squared)	0.255	**	0.256	**	

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 7. Estimates of prayer intensity*: Alberta, British Columbia, and the metro areas of Montreal and Ottawa-Hull, 2002

	Alberta		British Columbia	
	N= 2,886		N= 3,505	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3543	69.0 **	2.3765	78.4 **
Male (=1, female=0)	-0.0398	-12.3 **	-0.0339	-11.9 **
Age (natural log)	0.0250	6.3 **	0.0270	7.7 **
Education (natural log)	0.0231	2.3	0.0152	1.7
French Roman Catholic	0.0197	1.7	0.0140	1.2
Other Roman Catholic	0.0243	5.3 **	0.0386	8.5 **
Conservative Christian	0.0639	13.9 **	0.0705	16.6 **
Non-Christian	0.0213	2.8 **	0.0520	8.6 **
No religious affiliation	-0.0480	-10.2 **	-0.0452	-11.5 **
Smoked marijuana in lifetime	-0.0033	-4.7 **	-0.0043	-6.8 **
Sleep (natural log of hours)	0.0063	0.8	-0.0044	-0.6
Atlantic region				
Québec				
Manitoba/Saskatchewan				
Alberta				
British Columbia				
(Adjusted R squared)	0.239	**	0.295	**

	Montreal		Ottawa-Hull	
	N= 1,037		N= 1,007	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3886	38.5 **	2.3807	40.9 **
Male (=1, female=0)	-0.0472	-8.4 **	-0.0429	-7.6 **
Age (natural log)	0.0414	5.7 **	0.0314	4.5 **
Education (natural log)	-0.0130	-0.8	0.0090	0.6
French Roman Catholic	0.0233	1.6	0.0144	1.7
Other Roman Catholic	0.0370	2.4	0.0179	2.1
Conservative Christian	0.0996	5.5 **	0.0865	7.4 **
Non-Christian	0.0848	5.0 **	0.0524	4.2 **
No religious affiliation	-0.0068	-0.4	-0.0276	-2.8 **
Smoked marijuana in lifetime	-0.0015	-1.2	-0.0045	-3.6 **
Sleep (natural log of hours)	-0.0079	-0.6	-0.0021	-0.1
Atlantic region				
Québec			-0.0075	-1.0
Manitoba/Saskatchewan				
Alberta				
British Columbia				
(Adjusted R squared)	0.173	**	0.186	**

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 8. Estimates of prayer intensity*: Metro areas of Toronto, Kitchener, St Catherines, and Oshawa, 2002

	Toronto		Kitchener	
	N= 2,828		N= 725	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.4113	68.9 **	2.3021	37.6 **
Male (=1, female=0)	-0.0354	-10.5 **	-0.0495	-8.2 **
Age (natural log)	0.0185	4.5 **	0.0404	5.4 **
Education (natural log)	0.0281	2.9 **	0.0266	1.5
French Roman Catholic	0.0219	1.5	-0.0479	-1.8
Other Roman Catholic	0.0365	7.6 **	0.0156	2.0
Conservative Christian	0.0733	12.4 **	0.0683	8.3 **
Non-Christian	0.0484	9.0 **	0.0587	3.5 **
No religious affiliation	-0.0448	-7.9 **	-0.0674	-6.7 **
Smoked marijuana in lifetime	-0.0054	-6.3 **	-0.0027	-1.9
Sleep (natural log of hours)	-0.0220	-2.7 **	0.0018	0.1
Atlantic region				
Québec				
Manitoba/Saskatchewan				
Alberta				
British Columbia				
(Adjusted R squared)	0.202	**	0.322	**

	St Catherines		Oshawa	
	N= 674		N= 682	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3275	32.7 **	2.3755	30.9 **
Male (=1, female=0)	-0.0453	-6.5 **	-0.0419	-6.1 **
Age (natural log)	0.0467	5.6 **	0.0334	4.0 **
Education (natural log)	0.0269	1.3	0.0208	0.9
French Roman Catholic	0.0149	0.7	-0.0146	-0.6
Other Roman Catholic	0.0054	0.6	0.0268	3.1 **
Conservative Christian	0.0465	4.6 **	0.0558	5.5 **
Non-Christian	0.0094	0.3	-0.0135	-0.6
No religious affiliation	-0.0542	-4.7 **	-0.0531	-5.1 **
Smoked marijuana in lifetime	-0.0022	-1.3	-0.0025	-1.7
Sleep (natural log of hours)	-0.0174	-1.2	-0.0223	-1.5
Atlantic region				
Québec				
Manitoba/Saskatchewan				
Alberta				
British Columbia				
(Adjusted R squared)	0.205	**	0.222	**

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 9. Estimates of prayer intensity*: Metro areas of Winnipeg, Calgary, Edmonton, and Vancouver, 2002

	Winnipeg		Calgary	
	N= 1,068		N= 747	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3120	40.2 **	2.3916	36.7 **
Male (=1, female=0)	-0.0315	-5.9 **	-0.0497	-7.7 **
Age (natural log)	0.0321	5.0 **	0.0149	1.9
Education (natural log)	0.0294	1.8	0.0186	0.9
French Roman Catholic	0.0424	3.0 **	0.0115	0.3
Other Roman Catholic	0.0316	4.3 **	0.0265	3.0 **
Conservative Christian	0.0563	7.0 **	0.0519	5.2 **
Non-Christian	0.0381	2.7 **	0.0204	1.7
No religious affiliation	-0.0573	-7.4 **	-0.0494	-5.4 **
Smoked marijuana in lifetime	-0.0033	-2.7 **	-0.0032	-2.3
Sleep (natural log of hours)	0.0067	0.5	0.0126	0.9
Atlantic region				
Québec				
Manitoba/Saskatchewan				
Alberta				
British Columbia				
(Adjusted R squared)	0.244	**	0.219	**

	Edmonton		Vancouver	
	N= 902		N= 1,249	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.2931	35.6 **	2.4034	47.9 **
Male (=1, female=0)	-0.0308	-5.2 **	-0.0292	-6.2 **
Age (natural log)	0.0361	4.9 **	0.0277	4.7 **
Education (natural log)	0.0279	1.5	0.0049	0.3
French Roman Catholic	0.0386	1.9	-0.0174	-0.7
Other Roman Catholic	0.0208	2.5	0.0411	5.4 **
Conservative Christian	0.0639	7.5 **	0.0714	9.4 **
Non-Christian	0.0318	2.4	0.0507	5.9 **
No religious affiliation	-0.0419	-4.8 **	-0.0475	-7.2 **
Smoked marijuana in lifetime	-0.0012	-0.9	-0.0049	-4.7 **
Sleep (natural log of hours)	0.0072	0.5	-0.0064	-0.5
Atlantic region				
Québec				
Manitoba/Saskatchewan				
Alberta				
British Columbia				
(Adjusted R squared)	0.212	**	0.302	**

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 10. Estimates of prayer intensity*: Teens aged 15 to 19, ages 20 to 29, ages 30 to 39, and ages 40 to 49, 2002

	<i>Teens 15 to 19</i>		<i>Ages 20 to 29</i>	
	N= 2,552		N= 5,070	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.5650	41.0 **	2.3857	64.1 **
Male (=1, female=0)	-0.0213	-6.9 **	-0.0304	-13.2 **
Age (natural log)	-0.0504	-2.0	0.0167	1.7
Education (natural log)	0.0428	2.1	0.0185	2.2
French Roman Catholic	-0.0030	-0.4	0.0016	0.3
Other Roman Catholic	0.0262	5.0 **	0.0130	3.4 **
Conservative Christian	0.0655	11.3 **	0.0659	15.3 **
Non-Christian	0.0181	2.8 **	0.0627	11.8 **
No religious affiliation	-0.0407	-7.7 **	-0.0433	-11.1 **
Smoked marijuana in lifetime	-0.0025	-3.4 **	-0.0030	-6.1 **
Sleep (natural log of hours)	-0.0236	-2.7 **	0.0056	0.9
Atlantic region	-0.0253	-4.1 **	-0.0135	-2.9 **
Québec	-0.0110	-2.0	-0.0131	-3.4 **
Manitoba/Saskatchewan	0.0001	0.0	0.0061	1.3
Alberta	0.0076	1.4	0.0005	0.1
British Columbia	-0.0116	-2.3	-0.0039	-1.0
(Adjusted R squared)	0.193		0.224	
		**		**

	<i>Ages 30 to 39</i>		<i>Ages 40 to 49</i>	
	N= 6,385		N= 5,953	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.2463	43.8 **	2.2186	31.6 **
Male (=1, female=0)	-0.0402	-18.5 **	-0.0417	-18.2 **
Age (natural log)	0.0532	4.2 **	0.0656	3.8 **
Education (natural log)	0.0122	1.7	0.0303	4.2 **
French Roman Catholic	0.0090	2.0	0.0159	3.5 **
Other Roman Catholic	0.0336	10.1 **	0.0281	8.2 **
Conservative Christian	0.0755	20.0 **	0.0759	19.7 **
Non-Christian	0.0609	13.1 **	0.0559	10.6 **
No religious affiliation	-0.0383	-10.6 **	-0.0458	-11.8 **
Smoked marijuana in lifetime	-0.0033	-7.2 **	-0.0032	-6.6 **
Sleep (natural log of hours)	0.0198	3.7 **	-0.0155	-2.8 **
Atlantic region	-0.0098	-2.3	-0.0081	-1.8
Québec	0.0007	0.2	-0.0098	-2.4
Manitoba/Saskatchewan	0.0117	2.5	0.0082	1.7
Alberta	0.0011	0.3	-0.0043	-1.1
British Columbia	-0.0043	-1.2	-0.0046	-1.3
(Adjusted R squared)	0.217		0.208	
		**		**

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress? "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample = the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran); and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Regression table 11. Estimates of prayer intensity*: Ages 50 to 59, 60 to 69, and 70 +, 2002

	Ages 50 to 59		Ages 60 to 69	
	N= 5,059		N= 3,886	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3728	23.3 **	2.1258	14.2 **
Male (=1, female=0)	-0.0498	-19.4 **	-0.0504	-16.6 **
Age (natural log)	0.0456	1.9	0.0947	2.7 **
Education (natural log)	0.000003	0.0	0.0063	0.8
French Roman Catholic	0.0194	3.9 **	0.0263	4.6 **
Other Roman Catholic	0.0448	11.9 **	0.0259	5.9 **
Conservative Christian	0.0688	16.2 **	0.0514	10.1 **
Non-Christian	0.0641	10.3 **	0.0110	1.3
No religious affiliation	-0.0306	-6.7 **	-0.0621	-10.1 **
Smoked marijuana in lifetime	-0.0034	-5.1 **	-0.0045	-3.3 **
Sleep (natural log of hours)	-0.0173	-2.8 **	0.0049	0.7
Atlantic region	0.0144	2.9 **	0.0020	0.3
Québec	0.0009	0.2	-0.0256	-4.9 **
Manitoba/Saskatchewan	0.0125	2.3	-0.0017	-0.3
Alberta	0.0026	0.6	-0.0018	-0.3
British Columbia	-0.0039	-0.9	-0.0036	-0.7
(Adjusted R squared)	0.181		0.147	
		**		**

Ages 70 +		
N= 4,778		
	"B" coefficient	"t" value
Constant	2.1915	24.5 **
Male (=1, female=0)	-0.0492	-17.8 **
Age (natural log)	0.0702	3.6 **
Education (natural log)	0.0303	4.2 **
French Roman Catholic	0.0290	5.4 **
Other Roman Catholic	0.0330	8.3 **
Conservative Christian	0.0606	13.5 **
Non-Christian	0.0011	0.1
No religious affiliation	-0.0851	-15.8 **
Smoked marijuana in lifetime	-0.0047	-2.1
Sleep (natural log of hours)	-0.0154	-3.0 **
Atlantic region	0.0073	1.4
Québec	-0.0097	-1.8
Manitoba/Saskatchewan	0.0071	1.3
Alberta	0.0038	0.7
British Columbia	-0.0088	-2.1
(Adjusted R squared)	0.186	
		**

* "Prayer intensity" is measured by responses to the question: How often do you pray or seek spiritual help to deal with stress?
 "Never" = 1, "rarely" = 2, "sometimes" = 3, and "often" = 4. The variable for each respondent in the sample =
 the natural log of ten plus these values.

Marijuana variable = 0 if never smoked, 1 if smoked once only, and 5 if more than once.

Reference groups: for faiths, liberal Protestant affiliations (United Church, Anglican, Presbyterian, and Lutheran);
 and for the regions, Ontario. Conservative Christian = all non-liberal Christian denominations.

Note the number of observations, N, equals the number of respondents answering all questions used to form the variables.

**Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2.

Appendix 1. Notes on the survey, sample and variables

A. The survey, sample, and estimates

Statistics Canada's *Canadian Community Health Survey, Cycle 1.2* on mental health was conducted between May and December, 2002 in Canada's provinces. The response rate was 77% nationally and 82% in Newfoundland, Prince Edward Island and Manitoba; 80% in Nova Scotia and Saskatchewan, 78% in New Brunswick, Québec, and British Columbia, 77% in Alberta, and 73% in Ontario. The sample used in this analysis was 36,984 and varied by province from 1,002 in Prince Edward Island to 13,184 in Ontario. All estimates appearing in the tables and charts are based on the reporting of 30 or more respondents.

B. Survey questions and derived variables.

Notes on questions and variables are given below for those variables in which the definition is not obvious from the names used in our charts or tables. The following variables were used in our analysis but not all appear in our detailed tables. Abbreviations are DK = don't know, and R = refused to answer the question. In almost all cases the "don't know" and refused responses were deleted from our analyses; exceptions are the income and religious affiliation variables. The intension of these notes is merely to convey a good idea of the care in which the survey questions were formed and to aid the reader in the interpretation of specific results; more detail on many of the questions appear in the technical documents of Statistics Canada. In addition, notes on the definition of the main variables used in this and related studies are provided. The indicators of the health of body, mind and spirit are defined in the last section of this appendix.

Variables used in the regressions are defined below after the respective questions. Often the variable was estimated in natural logarithm form as well in order to capture some of the non-linearity in the relationship, though comparisons of results showed little difference regarding the "t" values, level of significance and sign of the coefficient, our main interest.

Survey Introduction

The interviewer was given the following introduction. (*The survey will collect information on the well-being of people in Canada, on the use of health services and on some of the factors that can affect physical and emotional health.*)

This voluntary survey is conducted under the authority of the Statistics Act. All the information you provide will be kept strictly confidential and will be used for statistical purposes only. Your participation is essential if the results are to be accurate.

Metro area: These are the census metropolitan areas as defined for the 1996 census. Only those with large samples appear in the tables.

Urban-rural areas: The **urban cores** are the urban portions of census metropolitan areas and large urban areas, while the **urban fringe** areas are the surrounding urbanized areas and the **rural fringes** are the surrounding rural areas. The **smaller urban areas** and **rural areas outside of the census metropolitan areas** are also distinguished in our data.

Type of dwelling: only the first six types, below, are represented in our tables, the institutions, hotels, rooming/lodging houses, camps, and mobile homes being relatively rare.

What type of dwelling do you live in? Is it a:
... single detached? ... double? ... row or terrace? ... duplex?
... low-rise apartment of fewer than 5 stories or a flat?
... high-rise apartment of 5 stories or more?
... institution? ... hotel; rooming/lodging house; camp? ... mobile home? ... other –
Specify ...DK, R

Dwelling ownership: Is this dwelling owned by a member of your household? Yes, No
The variable used in the regressions = 1 if the dwelling is owned, and 0 if not.

Number of bedrooms: How many bedrooms are there in your dwelling?

Marital Status Without Confirmation:

What is [respondent name]'s marital status? Is [he/she]:
Interviewer: Read categories to respondent.
01 ... married?
02 ... living common-law?
03 ... widowed?
04 ... separated?
05 ... divorced?
06 ... single, never married?

Education:

What is the highest grade of elementary or high school [respondent name] ever completed?
1 Grade 8 or lower (Québec: Secondary II or lower)
2 Grade 9 – 10 (Québec: Secondary III or IV, Newfoundland: 1st year of secondary)
3 Grade 11 – 13 (Québec: Secondary V, Newfoundland: 2nd to 4th year of secondary)
DK, R

Did [respondent name] graduate from high school (secondary school)?
1 Yes, 2 No, DK, R

Has [respondent name] received any other education that could be counted towards a degree, certificate or diploma from an educational institution?

1 Yes, 2 No, DK, R

What is the highest degree, certificate or diploma [respondent name] has obtained?

01 No post-secondary degree, certificate or diploma

02 Trade certificate or diploma from a vocational school or apprenticeship training

03 Non-university certificate or diploma from a community college, CEGEP, school of nursing, etc.

04 University certificate below bachelor's level

05 Bachelor's degree

06 University degree or certificate above bachelor's degree

DK, R

The variable used in the regressions ranged from 1 to 3, less than high school graduation, 4= high school graduation, 5=some post-secondary, 6=trade or vocational school diploma, 7=community college or nursing diploma, 8= some university, 9=bachelor's degree, and 10 = post bachelor's degree.

Physical health: This survey deals with various aspects of your health. I'll be asking about such things as physical activity, social relationships and health status. By health, we mean not only the absence of disease or injury but also physical, mental and social well-being. I'll start with a few questions concerning your health in general.

In general, would you say your health is:

... excellent? ... very good? ... good? ... fair? ... poor?

The variable used in the regressions ranged from 1= poor, to 5= excellent.

How would you describe your sense of belonging to your local community? Would you say it is: ... very strong? ... somewhat strong? ... somewhat weak? ... very weak? DK, R

The variable used in the regressions ranged from 1= very weak, to 4= strong.

The next questions are about your well-being and areas of your life that could affect your physical and emotional health. Take your time to think about each question before answering.

How satisfied are you with your life in general? Very satisfied; Satisfied; Neither satisfied nor dissatisfied; Dissatisfied; Very dissatisfied; DK, R

The variable used in the regressions ranged from

1=very dissatisfied, to 5= very satisfied.

In general, would you say your physical health is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variable used in the regressions ranged from 1= poor, to 5= excellent.

In general, would you say your mental health is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variable used in the regressions ranged from 1= poor, to 5= excellent.

Sleep:

How long do you usually spend sleeping each night? Do not include time spent resting.

Under 2 hours

2 hours to less than 3 hours

3 hours to less than 4 hours

4 hours to less than 5 hours

5 hours to less than 6 hours

6 hours to less than 7 hours

7 hours to less than 8 hours

8 hours to less than 9 hours

9 hours to less than 10 hours

10 hours to less than 11 hours

11 hours to less than 12 hours

12 hours or more

DK, R

The variable used in the regressions ranged from 1= under 2, to 12= 12 hours or more.

How often do you have trouble going to sleep or staying asleep?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

How often do you find your sleep refreshing?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

How often do you find it difficult to stay awake when you want to?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

Thinking about the amount of stress in your life, would you say that most days are:

... not at all stressful? ... not very stressful? ... a bit stressful? ... quite a bit stressful? ...

extremely stressful? DK, R

The variable used in the regressions ranged from 1= not at all..., to 5= extremely....

Chronic conditions: Only the most common ones were examined in our studies. In each case the question's response options were yes, no, DK/R. The interviewers reminded the respondent that only diagnosed problems were of interest, and these prompts are included below.

Now I'd like to ask about certain chronic health conditions which you may have. We are interested in "long-term conditions which are expected to last or have already lasted 6 months or more and that have been diagnosed by a health professional.

Do you have food allergies?

Do you have any other allergies?

Do you have asthma?

Do you have fibromyalgia?

Do you have arthritis or rheumatism, excluding fibromyalgia?

Remember, we're interested in conditions diagnosed by a health professional --

Do you have back problems, excluding fibromyalgia and arthritis?

Do you have high blood pressure?

(Remember, we're interested in conditions diagnosed by a health professional) --

Do you have migraine headaches?

(Remember, we're interested in conditions diagnosed by a health professional.) --

Do you have chronic bronchitis?

Do you have emphysema or chronic obstructive pulmonary disease (COPD)?

Do you have diabetes?

Do you have heart disease?

Do you have cancer?

(Remember, we're interested in conditions diagnosed by a health professional.) --

Do you have stomach or intestinal ulcers?

Do you suffer from the effects of a stroke?

Do you have a bowel disorder such as Crohn's Disease or colitis?

(if age over 18) Do you have cataracts? And -- Do you have glaucoma?

Do you have a thyroid condition?

(Remember, we're interested in conditions diagnosed by a health professional.)

Do you have chronic fatigue syndrome?

Do you suffer from multiple chemical sensitivities?

Do you suffer from post-traumatic stress disorder?

The variable used in the regressions= 1 if the health problem was indicated, and 0 if not.

Psychological well-being. These questions relate to feelings over the past month.

Now I'm going to read you a series of statements that people might use to describe themselves. Please tell me if you had these feelings almost always, frequently, half the time, rarely or never.

During the past month, you felt self-confident.

During the past month, you felt satisfied with what you were able to accomplish, you felt proud of yourself.

(During the past month,) you were a "go-getter", you took on lots of projects.

(During the past month,) you felt emotionally balanced.

(During the past month,) you felt loved and appreciated.

(During the past month,) you had goals and ambitions.

During the past month, you felt useful.

(During the past month,) you did a good job of listening to your friends.
 (During the past month,) you were curious and interested in all sorts of things.
 (During the past month,) you were able to clearly sort things out when faced with complicated situations.
 (During the past month,) you found life exciting and you wanted to enjoy every moment of it.
 (During the past month,) your life was well-balanced between your family, personal and professional activities.
 During the past month, you were quite calm and level-headed.
 (During the past month,) you were able to easily find answers to your problems.
 (During the past month,) you had the impression of really enjoying life.
 (During the past month,) you felt good, at peace with yourself.
 (During the past month,) you were able to face difficult situations in a positive way.
The variables used in the regressions ranged from 1= never, to 5= almost always.

Feelings of distress. These questions all have the following responses: all of the time, most of the time, some of the time, a little of the time, none of the time.

The following questions deal with feelings you may have had during the past month. During the past month, about how often did you feel:
 ...tired out for no good reason? ... hopeless? ...sad or depressed? ...worthless?
The variable used in the regressions ranged from 1= none of the time, to 5= all...; except in the cases of feeling hopeless, and worthless, in which the reverse order was followed.

In general, how would you rate your ability to handle unexpected and difficult problems, for example, a family or personal crisis? Would you say your ability is:
 ... excellent? ... very good? ... good? ... fair? ... poor? DK, R
The variables used in the regressions ranged from 1= poor, to 5= excellent.

In general, how would you rate your ability to handle the day-to-day demands in your life, for example, handling work, family and volunteer responsibilities?
 Would you say your ability is:
 ... excellent? ... very good? ... good? ... fair? ... poor? DK, R
The variables used in the regressions ranged from 1= poor, to 5= excellent.

Thinking about stress in your day-to-day life, what would you say is the most important thing contributing to feelings of stress you may have? Interviewer: Do not probe.

- 1 Time pressures / not enough time
- 2 Own physical health problem or condition
- 3 Own emotional or mental health problem or condition
- 4 Financial situation (e.g., not enough money, debt)
- 5 Own work situation (e.g., hours of work, working conditions)
- 6 School
- 7 Employment status (e.g., unemployment)
- 8 Caring for – own children
- 9 Caring for – others

- 10 Other personal or family responsibilities
- 11 Personal relationships
- 12 Discrimination
- 13 Personal and family's safety
- 14 Health of family members
- 15 Other – Specify
- 16 Nothing
- 17 Death of a loved one
- DK, R

The variables used in the regressions = 1, the indicated stress is important, and 0 if not.

Dealing with stress. In the case of each question the response options were: often, sometimes, rarely, never, DK, R. *Variables ranged from 1, never, to 4, often.*

People have different ways of dealing with stress. Thinking about the ways you deal with stress, please tell me how often you do each of the following.

- How often do you try to solve the problem?
- To deal with stress, how often do you talk to others?
- How often do you sleep more than usual to deal with stress?
- When dealing with stress, how often do you try to feel better by eating more, or less, than usual?
- When dealing with stress, how often do you try to feel better by smoking more cigarettes than usual?
- When dealing with stress, how often do you try to feel better by drinking alcohol?
- How often do you jog or do other exercise to deal with stress?
- How often do you pray or seek spiritual help to deal with stress?
- To deal with stress, how often do you try to relax by doing something enjoyable?
- How often do you blame yourself?

*The variables in the regressions are the natural logs of 10 plus:
4= often; 3= sometimes; 2= rarely; 1= never; 0= "I do not smoke" (smoking variable)*

Alcohol use.

The following questions are about your alcohol consumption.

When we use the word drink, it means:

- one bottle or can of beer or a glass of draft
- one glass of wine or a wine cooler
- one drink or cocktail with 1 and a 1/2 ounces of liquor.

During the past 12 months, have you had a drink of beer, wine, liquor or any other alcoholic beverage? Yes, no, DK, R.

During the past 12 months, how often did you drink alcoholic beverages?

- 1 Less than once a month

- 2 Once a month
- 3 2 to 3 times a month
- 4 Once a week
- 5 2 to 3 times a week
- 6 4 to 6 times a week
- 7 Every day
- DK, R

How often in the past 12 months have you had 5 or more drinks on one occasion?

- 1 Never
- 2 Less than once a month
- 3 Once a month
- 4 2 to 3 times a month
- 5 Once a week
- 6 More than once a week
- DK, R

During the past 12 months, did you regularly drink more than 12 drinks a week?

Before (current month/current year), was there ever a 12 month period when, at least once every month, you had 5 drinks or more in one occasion? Yes, no, DK, R.

Again, before (current month/current year), did you ever regularly drink more than 12 drinks a week? Yes, no, DK, R.

Not counting small sips, how old were you when you started drinking alcoholic beverages? Drinking does not include having a few sips of wine for religious purposes. *The variable used in the regressions was the log of the actual age.*

The next questions are about how drinking can affect people in their activities. We will be referring to the past 12 months,

During the past 12 months, have you ever been drunk or hung-over while at work, school or while taking care of children? Yes, no, DK, R.

How many times? Was it:

- 1 ... once or twice?
- 2 ... 3 to 5 times?
- 3 ... 6 to 10 times?
- 4 ... 11 to 20 times?
- 5 ... more than 20 times?

The variable = 1 if drunk at work, school or during child care in lifetime (or last year), and 0 if not.

The number of times drunk past year is a variable used in the regressions: 0=never, 1.5= once or twice, 4 if 3 to 5 times, 8 if 6 to 10 times, 15 if 11 to 20 times, and 25 if over 20 times. The log of 10 plus this variable is also estimated in regressions.

During the past 12 months, have you had a period of a month or more when you spent a great deal of time getting drunk or being hung-over? Yes, no, DK, R.

During the past 12 months, were you ever in a situation while drunk or hung-over which increased your chances of getting hurt? (For example, driving a boat, using guns, crossing against traffic, or during sports.) Yes, no, DK, R

Regression variable = 1 if yes, 0 if no.

Illicit drug use.

Now I am going to ask some questions about drug use. Again, I would like to remind you that everything you say will remain strictly confidential.

Have you ever used or tried marijuana, cannabis or hashish? Interviewer: Read categories to respondent. 1 Yes, just once, 2 Yes, more than once, 3 No

The variable used in the regressions = 0 if no, 1 if yes, just once, and 5 if more than once.

Have you used it in the past 12 months? Yes, no, DK, R.

How often (did you use marijuana, cannabis or hashish in the past 12 months)?

1 Less than once a month

2 1 to 3 times a month

3 Once a week

4 More than once a week

5 Every day

DK, R

Have you ever used or tried cocaine or crack?

1 Yes, just once

2 Yes, more than once

3 No

DK, R

How often (did you use cocaine or crack in the past 12 months)?

1 Less than once a month

2 1 to 3 times a month

3 Once a week

4 More than once a week

5 Every day

DK, R

Before one year ago, was there ever a period of 12 months when you took any of the drugs we mentioned, 1 to 3 times a month or more? Yes, no, DK, R.

During the past 12 months, did you ever have times when you used drugs even though you promised yourself you wouldn't, or times when you used a lot more drugs than you intended? Yes, no, DK, R.

During the past 12 months, were there ever times when you used drugs more frequently, or for more days in a row than you intended? Yes, no, DK, R.

During your life, did you ever have times when you used drugs even though you promised yourself you wouldn't, or times when you used a lot more drugs than you intended? Yes, no, DK, R.

The variable used in the regressions = 1 if yes if ever drugs used more than intended, despite promises not to, and 0 if no.

During your life, were there ever times when you used drugs more frequently, or for more days in a row than you intended? Yes, no, DK, R.

The variable used in the regressions = 1 if yes if ever drugs used more than intended, and 0 if no.

During your lifetime, have you ever seen, or talked on the telephone, to any of the following professionals about your emotions, mental health or use of alcohol or drugs?
Interviewer: Read categories to respondent. Mark all that apply.

Psychiatrist

Family doctor or general practitioner

Psychologist

Social worker, counsellor or psychotherapist

Religious or spiritual advisor such as a priest, chaplain or rabbi

With any of these professionals, did you ever have a session of psychological counselling or therapy that lasted 15 minutes or longer?

1 Yes, 2 No, DK, R

The variables used in the regressions = 1 if yes for each type of counsellor, and 0 if no.

Gambling.

People have different definitions of gambling. They may bet money and gamble on many different things, including buying lottery tickets, playing bingo or playing card games with their family or friends. The next questions are about gambling activities and experiences. Some of these questions may not apply to you, however they need to be asked of all respondents.

In the past 12 months, how often have you bet or spent money on instant win/scratch tickets or daily lottery tickets (Keno, Pick 3, Encore, Banco, Extra)?

1 Daily

2 Between 2 to 6 times a week

3 About once a week

- 4 Between 2 to 3 times a month
- 5 About once a month
- 6 Between 6 to 11 times a year
- 7 Between 1 to 5 times a year
- 8 Never
- DK, R

The variable used in the regressions = 0 if never, 3.5 if 1 to 5 times a year, 8 if 6 to 11 times, 12 if monthly, 30 if 2 to 3 times a month, 52 if weekly, 100 if 2 to 6 times weekly, and 365 if daily.

(In the past 12 months,) how often have you bet or spent money on lottery tickets such as 6/49 and Super 7, raffles or fund-raising tickets? (same frequencies as above)

The variable used in the regressions = 0 if never, 3.5 if 1 to 5 times a year, 8 if 6 to 11 times, 12 if monthly, 30 if 2 to 3 times a month, 52 if weekly, 100 if 2 to 6 times weekly, and 365 if daily.

In the past 12 months, how much money, not including winnings, did you spend on all of your gambling activities?

- 1 Between 1 dollar and 50 dollars
- 2 Between 51 dollars and 100 dollars
- 3 Between 101 dollars and 250 dollars
- 4 Between 251 dollars and 500 dollars
- 5 Between 501 dollars and 1000 dollars
- 6 More than 1000 dollars
- DK, R

The variable used in the regressions = 0 if a non-gambler, 25 if \$1 to 50, 175 if \$101 to 250, 325 if \$251 to 500, 750 if \$501 to 1000, and 1200 if over \$1000.

The next questions are about gambling attitudes and experiences. Again, all the questions will refer to the past 12 months. In the past 12 months, how often have you bet or spent more money than you wanted to on gambling?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always
- 5 I am not a gambler
- DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or never.

(In the past 12 months,) how often have you felt that you might have a problem with gambling?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always

DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or never.

In the past 12 months, how often have you felt guilty about the way you gamble or what happens when you gamble?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always

DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or never.

In the past 12 months, how often have you bet more than you could really afford to lose?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always

DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or never.

Eating Troubles.

This part of the interview is about problems people may have with their weight or with eating. Was there ever a time in your life when you had a strong fear or a great deal of concern about being overweight or overweight? Yes, no, DK, R.

During the past 12 months, did you have a strong fear or a great deal of concern about being overweight or overweight? Yes, no, DK, R.

The variable used in the regressions = 0 if never, 1 if not past year, and 2 if yes.

Now, I am going to read you a series of statements about food and eating habits that describe feelings and experiences that you may have had during the past 12 months.

Please tell me whether the statements are true for you by answering,

“always”, “usually”, “often”, “sometimes”, “rarely”, or “never”.

You are terrified about being overweight?

You are preoccupied with a desire to be thinner.

The variable in the regressions = 0 if never, ... , 5 if always.

Fears.

Was there ever a time in your life when you felt very uncomfortable or afraid of either being in crowds, going to public places, travelling by yourself, or travelling far away from home? Yes, no

Was there ever a time in your life when you became very upset or nervous whenever you were in crowds, public places, or travelling?

Earlier you mentioned having a strong fear of things like being in crowds, going to public places, travelling by yourself or travelling away from home. The next questions are about which of these things you feared. Tell me if you ever strongly feared any of the following situations. (Yes, no, DK, R)

Being in crowds?

Travelling away from home?

Did you ever strongly fear using public transportation?

Being in a movie theatre, auditorium, lecture hall or church?

The variables used in the regressions = 1 if one has the fear, and 0 if not.

Suicide.

Think of the period of 2 weeks or longer when your problems were most severe and frequent. During that time, (Yes, No, DK, R)

You seriously thought about committing suicide or taking your own life.

You made a plan for committing suicide.

You attempted suicide or tried to take your own life.

The variables used in the regressions = 1 if yes, 0 if no.

Activity limitations.

The next few questions deal with any current limitations in your daily activities caused by a long-term health condition or problem. In these questions, a “long-term condition” refers to a condition which is expected to last or has already lasted 6 months or more.

Do you have any difficulty hearing, seeing, communicating, walking, climbing stairs, bending, learning or doing any similar activities? Sometimes; Often; Never; DK, R

Does a long-term physical condition or mental condition or health problem, reduce the amount or the kind of activity you can do: ... at home? Sometimes; Often; Never; DK, R

The variable used in the regressions = 0 if never, 1 if sometimes, and 2 if often.

Friendships and social support.

Starting with a question on friendship, about how many close friends and close relatives do you have, that is, people you feel at ease with and can talk to about what is on your mind?

The variable in the regressions is the actual number.

People sometimes look to others for companionship, assistance or other types of support. How often is each of the following kinds of support available to you if you need it: None of the time; A little of the time; Some of the time; Most of the time; All of the time; DK, R

... someone to give you advice about a crisis?

... someone who shows you love and affection?

... someone to give you information in order to help you understand a situation?

... someone to confide in or talk to about yourself or your problems?

... someone to help with daily chores if you were sick?

... someone who understands your problems?

... someone to love you and make you feel wanted?

The variable in the regressions = 0 if none of the time, 25 if a little, 50 if some, 75 if most, and 100 if all of the time.

Socio-economic characteristics.

In what year did you first come to Canada to live?

The variable in the regression = 0 if not an immigrant, 1959 if immigrated before 1960, 1979 if from 1960 to 1979, and 2002 if 1980 to 2002.

Another variable used = 1 if an immigrant, and 0 if born in Canada.

To which ethnic or cultural group(s) did your ancestors belong? (For example: French, Scottish, Chinese, East Indian) Mark all that apply. If “Canadian” is the only response, probe. If the respondent hesitates, do not suggest Canadian.

The variables in the regressions = 1 if the ethnic or cultural group is stated, and 0 if not.

Spirituality.

I now have a few questions about spiritual values in your life. Do spiritual values play an important role in your life? Yes, No, DK, R.

If yes: To what extent do your spiritual values help you to find meaning in your life? A lot; Some; A little; Not at all; DK, R

... To what extent do your spiritual values give you the strength to face everyday difficulties?

... To what extent do your spiritual values help you to understand the difficulties of life?

Variable: A lot=5; Some=4; A little=3; Not at all=1; DK, NR=1: the natural log.

What, if any, is your religion?

- 1 No religion (Agnostic, Atheist)
 - 2 Roman Catholic
 - 3 Ukrainian Catholic
 - 4 United Church
 - 5 Anglican (Church of England, Episcopalian)
 - 6 Presbyterian
 - 7 Lutheran
 - 8 Baptist
 - 9 Pentecostal
 - 10 Eastern Orthodox
 - 11 Jewish
 - 12 Islam (Muslim)
 - 13 Hindu
 - 14 Buddhist
 - 15 Sikh
 - 16 Jehovah's Witness
 - 17 Other – Specify
- DK, R

Variables used in the regressions = 1 if the faith community is mentioned, and 0 if not.

Liberal protestant = United Church, or Anglican, Presbyterian, or Lutheran.

Conservative Christian = Baptist, Pentecostal, Jehovah's Witness, or Other – specify.

(If a religious affiliation is given) Not counting events such as weddings or funerals, during the past 12 months, how often did you participate in religious activities or attend religious services or meetings? Do not include special events such as weddings, funerals, baptisms, bar mitzvahs, etc.

Once a week or more; Once a month; 3 or 4 times a year; Once a year; Not at all; DK, R

Variables used in the regressions = 0 if non-attendee, 1 if once a year, 3.5 if 3 or 4 times, 12 if monthly, and 52 if weekly.

(If a religious affiliation is given) In general, would you say that you are:

... very religious? ... religious? ... not very religious? ... not religious at all? DK, R

The no religion group is divided into two groups depending on whether or not the respondent prays or seeks spiritual help to help deal with stress – called no religion, prays in the tables.

Note attendance was only asked of those stating a faith affiliation. Potential dropouts are defined as regular (at least monthly) worshippers who never or rarely pray or seek spiritual help to relieve stress.

Potential regular (worshippers) attended 1 to 4 times, and prayed or sought spiritual help often or sometimes to relieve stress.

The employed.

The employed aged 15 to 75 who worked in the previous 12 months were asked questions on employment and related characteristics. Questions on the labour force in the previous week were addressed only to persons aged 15 to 74.

Have you worked at a job or business at any time in the past 12 months? Yes, no, DK, R.

The next question is about your main job or business in the past 12 months. Would you say that most days at work were: ... not at all stressful? ... not very stressful? ... a bit stressful? ... quite a bit stressful? ... extremely stressful? DK, R

Labour force.

(Population aged 15 to 75) The next few questions concern your activities in the last 7 days.

Last week, did you work at a job or a business? Please include part-time jobs, seasonal work, contract work, self-employment, baby-sitting and any other paid work, regardless of the number of hours worked.

The variable used in the regression = 1 if employed, and 0 if not.

Last week, did you have a job or business from which you were absent? Yes, No, DK, R.

In the past 4 weeks, did you do anything to find work? Yes, No, DK, R.

Now some questions about jobs or employment which you have had during the past 12 months.

Did you work at a job or a business at any time in the past 12 months? Please include part-time jobs, seasonal work, contract work, self-employment, baby-sitting and any other paid work, regardless of the number of hours worked.

The next questions are about your current/most recent job or business.

(If person currently holds more than one job or if the last time he/she worked it was at more than one job: Report on the job for which the number of hours worked per week is the greatest.)

Are/Were you an employee or self-employed?

Employee; Self-employed; Working in a family business without pay; DK, R

Which of the following best describes your occupation?

- 1 Management
- 2 Professional (including accountants)
- 3 Technologist, Technician or Technical occupation
- 4 Administrative, Financial or Clerical
- 5 Sales or Service
- 6 Trades, Transport or Equipment operator

7 Occupation in Farming, Forestry, Fishing or Mining
8 Occupation in Processing, Manufacturing or Utilities
9 Other – Specify

DK, R

The variables in the regression = 1 if the employee reported the occupation, and 0 if not.

About how many hours a week do/did you usually work at your job/business? If you usually work/worked extra hours, paid or unpaid, please include these hours.

The variable in the regression is the actual hours reported.

Do/Did you usually work on weekends at this job/business?

The variable in the regression = 1 if the employee usually works weekends, and 0 if not.

During the past 52 weeks, how many weeks did you do any work at a job or a business? (Include paid vacation leave, paid maternity leave, and paid sick leave.)

The regression variable = the actual weeks worked.

Work stress. These questions are asked of respondents aged 15 to 75 who were employed in the previous 12 months.

The next few questions are about your main job or business in the past 12 months. I'm going to read you a series of statements that might describe your job situation. Please tell me if you strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree. Also, DK, R.

Your job required that you learn new things.

Your job required a high level of skill.

Your job allowed you freedom to decide how you did your job.

Your job required that you do things over and over.

Your job was very hectic.

You were free from conflicting demands that others made.

Your job security was good.

Your job required a lot of physical effort.

You had a lot to say about what happened in your job.

You were exposed to hostility or conflict from the people you worked with.

Your supervisor was helpful in getting the job done.

The people you work with were helpful in getting the job done.

The regression variables = 1 if strongly disagree, 2 if disagree, 3 if neither agree nor disagree, 4 if agree, and 5 if strongly agree.

How satisfied were you with your job?

Very satisfied; Somewhat satisfied; Not too satisfied; Not at all satisfied; DK, R.

The regression variable = 1 if not satisfied at all, 2 if not too satisfied, 3 if somewhat satisfied, and 4 if very satisfied.

Income.

Although many health expenses are covered by health insurance, there is still a relationship between health and income. Please be assured that, like all other information you have provided, these answers will be kept strictly confidential.

Thinking about the total income for all household members, from which of the following sources did your household receive any income in the past 12 months?

- 1 Wages and salaries
- 2 Income from self-employment
- 3 Dividends and interest (e.g. on bonds, savings)
- 4 Employment insurance
- 5 Worker's compensation
- 6 Benefits from Canada or Quebec Pension Plan
- 7 Retirement pensions, superannuation and annuities
- 8 Old Age Security and Guaranteed Income Supplement
- 9 Child Tax Benefit
- 10 Provincial or municipal social assistance or welfare
- 11 Child support
- 12 Alimony
- 13 Other (e.g. rental income, scholarships)

DK, R

A variable used in the regressions = 1 if social assistance or welfare income was reported, and 0 if not.

Household Income: What is your best estimate of the total income, before taxes and deductions, of all household members from all sources in the past 12 months? (MAX: 500,000; warning after 150,000)

Can you estimate in which of the following groups your personal income falls?

Was your total personal income less than \$20,000 or \$20,000 or more?

Was your total personal income less than \$10,000 or \$10,000 or more?

Was your total personal income less than \$5,000 or \$5,000 or more?

Was your total personal income less than \$15,000 or \$15,000 or more?

Was your total personal income less than \$40,000 or \$40,000 or more?

Was your total personal income less than \$30,000 or \$30,000 or more?

Was your total personal income:

... less than \$50,000?

... \$50,000 to less than \$60,000?

... \$60,000 to less than \$80,000?

... \$80,000 or more?

DK, R

The variable used in the regression used the mid point of the above income ranges as values.

A similar approach was used to determine personal income: What is your best estimate of your total personal income, before taxes and other deductions, from all sources in the past 12 months?

Household income adequacy groups were computed using household income and number of persons in the household, as follows:

Four groups – lowest income, lower middle, upper middle, and highest income –
Lowest income = under \$15,000 and one or two people, or under \$20,000 and three or four people, or under \$30,000 and five or more people.
Lower middle income = \$15,000 to 29,999 and one or two people; or \$20,000 to 39,999 and three or four people; or \$30,000 to 59,999 and five or more people.
Upper middle income = \$30,000 to 59,999 and one or two people; or \$40,000 to 79,999 and three or four people; or \$60,000 to 79,999 and five or more people.
Highest income = over \$60,000 and one or two people, or over \$80,000 and three or more people.

Five groups – lowest income, lower middle, middle, upper middle, and highest income –
Lowest income = under \$10,000 and one to four people, or under \$15,000 and five or more people.
Lower middle income = \$10,000 to 14,999 and one or two people; or \$10,000 to 19,999 and three or four people; or \$15,000 to 29,999 and five or more people.
Middle income = \$15,000 to 29,999 and one or two people; or \$20,000 to 39,999 and three or four people; or \$30,000 to 59,999 and five or more people.
Upper middle income and the highest income groups are the same as those in the four income groups, above.

Indicators of the overall health of the body, mind and spirit

The indicators are measured so that a perfect score = 100, and the worst possible score = 0.

The overall health index = [(indicator of health of the body) + (indicator of health of the mind) + (indicator of health of the spirit)] / 3, where the indicators are defined as follows.

The indicator of the *health of the body* is designed to reflect the exercise of, respect for, or abuse of the body, and the perceived quality of physical health, and is measured by:

(eating stress indicator + smoking stress indicator + drinking stress indicator + exercise stress indicator + exercise event indicator + perceived physical health indicator) / 6;

In this case the *eating stress indicator* = 0 if the person *often* eats more (or less) than usual when dealing with stress; 33 if sometimes; 67 if rarely; and 100 if never. A change in eating habits to deal with stress is assumed to be an unhealthy option, as is smoking, drinking alcohol and other indicators defined in the following.

The *smoking stress indicator* = 0 if the person *often* smokes more than usual when dealing with stress; 25 if sometimes; 50 if rarely; 75 if never, but is a smoker; and 100 if a non-smoker.

The *drinking stress indicator* = 0 if the person *often* drinks alcohol when dealing with stress; 33 if sometimes; 67 if rarely; and 100 if never.

The *exercise stress indicator* = 0 if the person never exercises or jogs to deal with stress; 33 if rarely; 67 if sometimes; and 100 if often. Dealing with stress by exercise is assumed to be a healthy option.

The *exercise event indicator* = 0 if the person never exercises for 15 minutes or more at least once per month during the past three months; 25 if one to five times; 50 if six to 15 times; 75 if 16 to 29 times, and 100 if 30 times or more.

The *perceived physical health indicator* = 0 if the person's self-perceived physical health is poor, 25 if fair, 50 if good, 75 if very good, and 100 if excellent.

The indicator of the *health of the mind* is designed to reflect a healthy use of the mind, absence of misuse of the mind, and the perceived quality of mental health, and is measured by:

(problem-solving indicator + blaming indicator + feeling useful indicator + feelings of balance indicator + feelings of peace indicator + perceived mental health indicator) / 6;

In this case the *problem-solving indicator* = 0 if the person *never* tries to solve the problem when dealing with stress; = 33 if rarely; = 67 if sometimes; and 100 if often.

The *blaming indicator* = 0 if the person *often* blames oneself when dealing with stress; 33 if sometimes; 67 if rarely; and 100 if never.

The *feeling useful indicator* = 0 if the person *never* felt useful during the past month, 25 if rarely, 50 if half the time, 75 if frequently, and 100 if almost always.

The *feelings of balance indicator* = 0 if the person *never* felt emotionally balanced during the past month, 25 if rarely, 50 if half the time, 75 if frequently, and 100 if almost always.

The *feelings of peace indicator* = 0 if the person *never* felt at peace with himself or herself during the past month, 25 if rarely, 50 if half the time, 75 if frequently, and 100 if almost always.

The *perceived mental health indicator* = 0 if the person's self-perceived mental health is poor, 25 if fair, 50 if good, 75 if very good, and 100 if excellent.

The indicator of the *health of the spirit* is designed to reflect a healthy spiritual or religious life, and is measured by:

(worship frequency indicator + praying/spiritual help indicator + spiritual understanding indicator + spiritual meaning indicator + everyday spiritual indicator + religiosity indicator) / 6;

In this case the *worship frequency indicator* = 0 if the person *never* attended religious services in the previous 12 months, or reported no religious affiliation, 25 if he or she attended once, 50 if three to four times, 75 if monthly, and 100 if at least weekly.

The praying/spiritual help indicator = 0 if the person *never* prays or seeks spiritual help to help deal with stress; = 33 if rarely; = 67 if sometimes; and 100 if often.

The *spiritual understanding indicator* =
0 if spiritual values do not play an important role in the person's life,
25 if spiritual values are important but *do not* help to understand the difficulties of life,
50 if spiritual values are important and help *a little* to understand the difficulties of life,
75 if spiritual values are important and help *some* to understand the difficulties of life,
and 100 if spiritual values are important and help *a lot* to understand the difficulties of life.

The *spiritual meaning indicator* =
0 if spiritual values do not play an important role in the person's life,
25 if spiritual values are important but *do not* help to find meaning in one's life,
50 if spiritual values are important and help *a little* to find meaning in one's life,
75 if spiritual values are important and help *some* to find meaning in one's life,
and 100 if spiritual values are important and help *a lot* to find meaning in one's life.

The everyday *spiritual indicator* =
0 if spiritual values do not play an important role in the person's life,
25 if spiritual values are important but *do not* give strength to face everyday difficulties,
50 if spiritual values are important and give *a little* strength to face everyday difficulties,
75 if spiritual values are important and give *some* strength to face everyday difficulties,
and 100 if spiritual values are important and give *a lot* of strength to face everyday difficulties.

The *religiosity indicator* = 0 if the person reported no religious affiliation; 25 if he or she reported an affiliation but was not religious at all, 50 if *not very religious*, 75 if *religious*, and 100 if *very religious*.